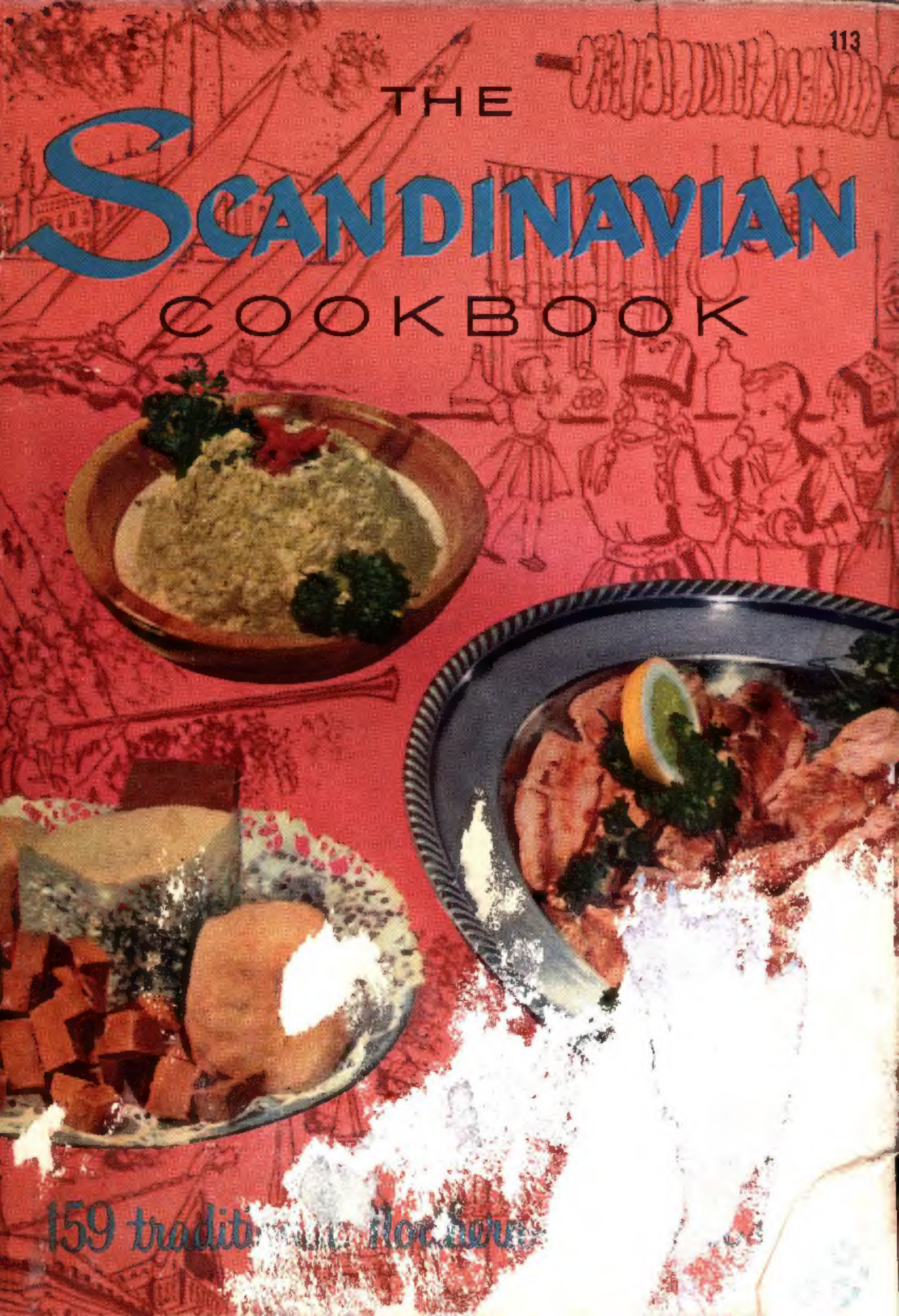
THE SCANDINAVIAN COOKBOOK



159 traditional favorites

The Scandinavian Cookbook

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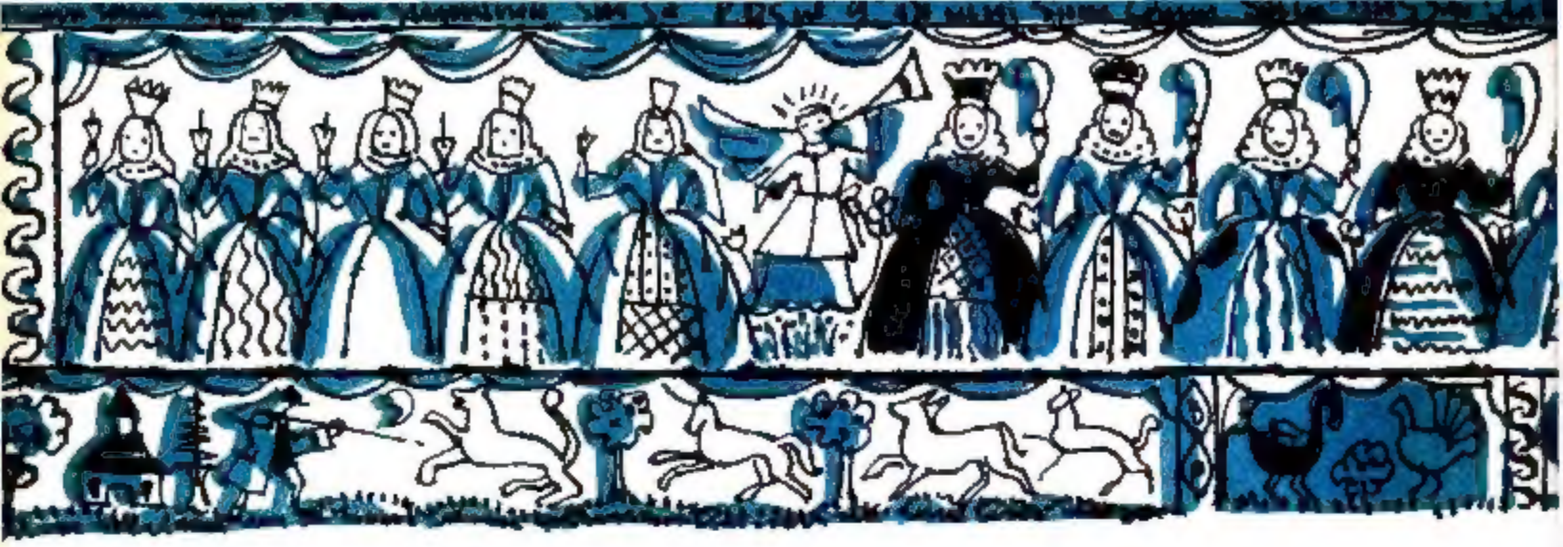
Scandinavian Cookery

THE SEA-GIRT COUNTRIES at the top of Europe—Norway, Sweden and Denmark—have developed a cuisine which, though rooted in Continental tradition, has flowered in a way uniquely its own. A robust style of cookery that makes lavish use of energizing foods, Scandinavian cuisine is also colorful, imaginative, and strikingly beautiful in appearance.

To Americans the most familiar aspect of Scandinavian dining traditions is the smörgåsbord, far-famed buffet of appetizers, hospitable invitation to hearty sociability. If this has been your introduction to Scandinavian cooking you are already familiar with a fascinating array of hot and cold dishes, meats, cheeses and vegetables, and piquantly seasoned fish, especially herring.

But there is much more to Scandinavian tradition than this first course. There are sauces (richest in the world); dark and delicious breads; cookies, puddings and cakes; open-face sandwiches that are meals in themselves and a joy to behold. Above all, there is the Scandinavian sorcery with fish—bountiful harvest of the cold northern seas which the Scandinavians garner so industriously and cook and garnish so handsomely.

It may seem from the pages that follow that the northern countries' menu is a heroic one, and so it is. With fare like this the hardy ancestors of modern Scandinavia conquered uncharted seas in their open Viking ships and adventured boldly toward a new world.



IT'S SMART TO BE CAREFUL

THERE'S NO SUBSTITUTE FOR ACCURACY

Read recipe carefully.

Assemble all ingredients and utensils.

Select pans of proper kind and size. Measure inside, from rim to rim.

Use standard measuring cups and spoons. Use liquid measuring cups (rim above 1-cup line) for liquids. Use nested or dry measuring cups (1-cup line even with top) for dry ingredients.

Check liquid measurements at eye level.

Sift all flour except whole-grain types before measuring. Spoon lightly into measuring cup. Do not jar cup.

Level dry measurements with straight-edge knife or spatula.

Preheat oven 12 to 20 min. at required temperature. Leave oven door open first 2 min.

Beat whole eggs until thick and piled softly when recipe calls for well-beaten eggs.

The covering of foods which are stored in the refrigerator will depend upon the type of refrigerator used—conventional or moist-cold.

FOR THESE RECIPES—WHAT TO USE

BAKING POWDER—double-action type.

BREAD CRUMBS—one slice fresh bread equals about 1 cup soft crumbs or cubes. One slice dry or toasted bread equals about ¾ cup dry cubes or ⅛ cup fine, dry crumbs.

BUTTERED CRUMBS—soft or dry bread or cracker crumbs tossed in melted butter. Use 1 to 2 tablespoons butter for 1 cup soft crumbs and 2 to 4 tablespoons butter for 1 cup dry crumbs.

CORNSTARCH—thickening agent. One tablespoon has the thickening power of 2 tablespoons flour.

CREAM—light, table or coffee cream—containing not less than 18% butter fat.

HEAVY or WHIPPING CREAM—containing not less than 36% butter fat.

DRESSED FISH—head, tail, fins and entrails removed.

FLOUR—all-purpose (hard wheat) flour. (In some southern areas where a blend of soft wheats is used, better products may result when minor adjustments are made in recipes. A little less liquid or more flour may be needed.) If cake flour is required, recipe will so state. If necessary, substitute 1 cup minus 2 tablespoons all-purpose flour for 1 cup cake flour.

GRATED PEEL—whole citrus fruit peel finely grated through colored part only; white is bitter.

HERBS and SPICES—ground unless recipe specifies otherwise.

MONOSODIUM GLUTAMATE—a crystalline cereal or vegetable product that enhances natural flavors of foods.

OIL—salad or cooking. Use olive oil only when recipe states.

ROTARY BEATER—hand-operated (Dover type) beater or electric mixer.

SOUR MILK—recently soured milk; sweet milk added to 1 tablespoon vinegar or lemon juice in measuring cup up to 1-cup line; buttermilk.

SUGAR—granulated (beet or cane).

VINEGAR—cider vinegar.

HOW TO DO IT

BASTE—spoon liquid (or use baster) over cooking food to add moisture and flavor.

BLANCH NUTS—the flavor of nuts is best maintained when nuts are allowed to remain in water the shortest possible time during blanching. Therefore, blanch only about ½ cup at a time; repeat as many times as necessary for larger amounts.

Bring to rapid boiling enough water to well cover shelled nuts. Drop in nuts. Turn off heat and allow nuts to remain in the water about 1 min.; drain or remove with fork or slotted spoon. Place between folds of absorbent paper; pat dry. Gently squeeze nuts with fingers or peel to remove skins. Place on dry absorbent paper. To dry thoroughly, frequently shift nuts to dry spots on paper.

GRATE NUTS—use a rotary type grater with hand-operating crank. Follow manufacturer's directions. Grated nuts should be fine and light.

TOAST NUTS—put blanched nuts in a shallow baking dish or pie pan and brush lightly with cooking oil. Heat in oven at 350°F until delicately browned. Move and turn occasionally with

spoon. Or add blanched nuts to a heavy skillet in which butter (about 1 tablespoon per cup of nuts) has been melted; or use oil. Brown nuts lightly, moving and turning constantly, over moderate heat.

SALT NUTS—toast nuts; drain on absorbent paper and sprinkle with salt.

BOIL—cook in liquid in which bubbles rise continually and break on the surface. Boiling temperature of water at sea level is 212°F.

BOILING WATER BATH—set a deep pan on oven rack and place the filled baking dish in pan. Pour boiling water into pan to level of mixture in baking dish. Prevent further boiling by using given oven temperature.

CLEAN CELERY—trim roots and cut off leaves. Leaves may be used for added flavor in soups and stuffings; inner leaves may be left on stalk when serving as relish. Separate stalks, remove blemishes and wash. Proceed as directed in recipe.

CLEAN GREEN PEPPER—rinse and cut into quarters. Remove stem, all white fiber and seeds with spoon or knife; rinse. Prepare as directed in recipe.

CLEAN and SLICE MUSHROOMS—wipe with a clean, damp cloth and cut off tips of stems; slice lengthwise through stems and caps.

CLEAN ONIONS (dry)—cut off root end and thin slice from stem end; peel and rinse. Prepare as directed in recipe.

CUT DRIED FRUITS (uncooked) or MARSHMALLOWS—use scissors dipped frequently in water.

DICE—cut into small cubes.

FLAKE FISH—with a fork separate canned (cooked) fish into flakes (thin, layer-like pieces). Remove bony tissue from crab meat; salmon bones are edible.

FLUTE EDGE OF PASTRY—press index finger on edge of pastry, then pinch pastry with thumb and index finger of other hand. Lift fingers and repeat procedure to flute around entire edge.

FOLD—use flexible spatula and slip it down side of bowl to bottom. Turn bowl quarter turn. Lift spatula through mixture along side of bowl with blade parallel to surface. Turn spatula over to fold lifted mixture across material on surface. Cut down and under; turn bowl and repeat process until material seems blended. With every fourth stroke, bring spatula up through center.

HARD-COOK EGGS—put eggs into large saucepan and cover completely with cold or warm water. Cover. Bring water rapidly just to boiling. Turn off heat. If necessary to prevent further boiling, remove pan from heat source. Let stand covered 20 to 22 min. Plunge eggs promptly into running cold water. Roll egg between hands to loosen shell. Start peeling at large end.

Note: Eggs are a protein food and therefore should never be boiled.

MARINATE—allow food to stand in liquid (usually oil and acid) to impart additional flavor.

MEASURE BROWN SUGAR—pack firmly into dry measuring cup so that sugar will hold shape of cup when turned out.

MINCE—cut or chop into small, fine pieces.

PANBROIL BACON—place in a cold skillet only as many bacon slices as will lie flat. Cook slowly, turning frequently. Pour off fat as it collects. When bacon is evenly crisped and browned, remove from skillet and drain on absorbent paper.

PREPARE QUICK COFFEE—for one cup coffee beverage, put 1 teaspoon concentrated soluble coffee into cup. Add boiling water and stir until coffee is completely dissolved. For one cup double-strength coffee beverage, increase concentrated soluble coffee to 2 teaspoons.

PREPARE QUICK BROTH—dissolve in 1 cup hot water, 1 chicken bouillon cube for chicken broth or 1 beef bouillon cube or ½ teaspoon concentrated meat extract for meat broth.

RICE—force through ricer, sieve or food mill.

SCALD MILK—heat in top of double boiler over simmering water just until a thin film appears.

SIEVE—force through coarse sieve or food mill.

SIMMER—cook in a liquid just below boiling point; bubbles form slowly and break below surface.

SWEETENED WHIPPED CREAM—beat thoroughly chilled whipping cream in chilled bowl with chilled rotary beater; beat until cream stands in soft peaks when beater is slowly lifted upright. With final few strokes, beat in 3 tablespoons sifted confectioners' sugar and 1 teaspoon vanilla extract for each cup of whipping cream.

UNMOLD GELATIN—run top of knife around top edge of mold to loosen. Invert mold onto chilled plate. If necessary, wet a clean towel in hot water and wring it almost dry. Wrap hot towel around mold for a few seconds only. (If mold does not loosen, repeat.)

OVEN TEMPERATURES

Very slow	250°F to 275°F
Slow	300°F to 325°F
Moderate	350°F to 375°F
Hot	400°F to 425°F
Very Hot	450°F to 475°F
Extremely Hot	500°F to 525°F

Use a portable oven thermometer for greater accuracy of oven temperatures.

WHEN YOU BROIL

Set temperature control of range at Broil (500°F or higher). Distance from top of food to source of heat determines intensity of heat upon food.

WHEN YOU DEEP-FRY

About 20 min. before ready to deep-fry, fill a deep saucepan one-half to two-thirds full with hydrogenated vegetable shortening, all-purpose shortening, lard or cooking oil for deep-frying. Heat fat slowly to temperature given in the recipe. A deep-frying thermometer is an accurate guide for deep-frying temperatures.

If thermometer is not available, the following bread cube method may be used as a guide. A 1-in. cube of bread browns in 60 seconds at 350°F to 375°F.

When using an automatic deep-fryer, follow manufacturer's directions for fat and timing.

A CHECK-LIST FOR SUCCESSFUL BAKING

✓ **READ AGAIN** "It's Smart To Be Careful—There's No Substitute for Accuracy" (page 4).
✓ **PLACE OVEN RACK** so top of product will be almost at center of oven. Stagger pans so no pan is directly over another and they do not touch each other or walls of oven. Place single pan so that center of product is as near center of oven as possible.
✓ **PREPARE PAN**—For cakes with shortening and for cake rolls, grease bottom of pan only; line with waxed paper cut to fit bottom of pan only; grease waxed paper. For cakes without shortening (sponge type), do not grease or line pan. For both yeast breads and quick breads, grease bottom of pan only or lightly grease baking sheet. If recipe states "set out pan," do not grease or line pan.
✓ **HAVE ALL INGREDIENTS** at room temperature unless recipe specifies otherwise.
✓ **SIFT ALL FLOUR** except whole-grain types before measuring. Spoon lightly into measuring cup. Do not jar cup. Level with straight-edge knife or spatula.
✓ **CREAM BUTTER** (alone or with flavorings) by stirring, rubbing or beating with spoon or electric mixer until softened. Add sugar in small amounts; cream after each addition until all graininess disappears and mixture is light and fluffy. Thorough creaming helps to insure a fine-grained cake.
✓ **BEAT WHOLE EGGS** until thick and piled softly when recipe calls for well-beaten eggs.
✓ **BEAT EGG WHITES** as follows: **Frothy**—entire mass forms bubbles; **Rounded peaks**—peaks turn over slightly when beater is slowly lifted upright; **Stiff peaks**—peaks remain standing when beater is slowly lifted upright.
✓ **BEAT EGG YOLKS** until thick and lemon-colored if recipe calls for well-beaten egg yolks.
✓ **WHEN LIQUID and DRY INGREDIENTS** are added to batters, add alternately, beginning and ending with dry. Add dry ingredients in fourths, liquid in thirds. After each addition, beat only until smooth. Finally beat only until batter is smooth (do not overbeat). Scrape spoon or beater and bottom and sides of bowl during mixing.

If using an electric mixer, beat mixture at a low speed when alternately adding liquid and dry ingredients.
✓ **FILL CAKE PANS** one-half to two-thirds full.
✓ **TAP BOTTOM OF CAKE PAN** sharply with hand to release air bubbles before placing in oven.
✓ **APPLY BAKING TESTS** when minimum baking time is up. For tortes or cakes, touch lightly at center; if it springs back, they are done. Or, insert a cake tester or wooden pick in center; if it comes out clean, they are done.
✓ **COOL TORTES** 15 min. in pan on cooling rack after removing from oven; cool sponge-type and other cakes as recipe states.
✓ **REMOVE TORTES** from pan after cooling. Run spatula gently around sides of pan. Cover with cooling rack. Invert and remove pan. Turn right side up immediately after peeling off waxed paper. Cool cake completely before frosting.
✓ **FILL TORTES**—Spread filling or frosting over top of bottom layer. Cover with the second layer. Repeat procedure if more layers are used. If necessary, hold layers in position with wooden picks; remove when filling is set.
✓ **FROST FILLED TORTES**—Frost sides first, working rapidly. See that frosting touches plate all around bottom, leaving no gaps. Pile remaining frosting on top of cake and spread lightly.
✓ **TEST** for lukewarm liquid (80°F to 85°F) by placing a drop on wrist; it will feel neither hot nor cold.
✓ **KNEAD DOUGH** by folding opposite side over toward you. Using heels of hands, gently push dough away. Give it one-quarter turn. Repeat process rhythmically until the dough is smooth and elastic, 5 to 8 min., using as little additional flour as possible. Always turn the dough in the same direction.
✓ **REMOVE ROLLS, BREAD and COOKIES** from pans as they come from the oven, unless otherwise directed. Set on cooling racks to cool.
✓ **KEEP TOPS** of yeast loaves and rolls soft by immediately brushing with butter as they come from the oven.

Base Recipes are indicated by solid ▲ pyramid. In variations of Base Recipe, open △ pyramid refers to ▲ *Base Recipe* immediately preceding it.

Smörgåsbord

Best-known of all Scandinavian dining customs is the smörgåsbord—usually the prelude to the feast, but on some occasions the whole feast itself. In Sweden, where the custom is believed to have originated in the festivities of country people, the smörgåsbord is served as a first course. A small number of appetizers, which invariably include herring, are presented buffet-style to guests who relax and nibble, exchange toasts and conversation, and then assemble around the dining table with appetites pleasantly stimulated but unimpaired. In other countries, and especially in America, the character and function of the smörgåsbord have altered and it may comprise the principal part of a meal. A munificent variety of fish, meat, cheese, egg and vegetable dishes is arranged on a necessarily commodious buffet or table and guests visit it as often as they please. A dessert (by recommendation simple) and good strong coffee bring the feast to a close.

A time-tried ritual is prescribed for the proper enjoyment of either a small smörgåsbord or the full-scale, panoramic affair. First, and always first if one is to observe the Scandinavian spirit of the occasion, the herring! Then one adventures (with clean plate in hand) through dishes in which fish is combined with other ingredients, then cold meats, the delicious hot dishes, the salads and aspics, and finally, for digestion's sake and to soothe a possibly jaded palate, a bit of cheese.

In Norway, the smörgåsbord is also called koldt bord. It usually consists of a few appetizers—fish, meat and cheese—but on special occasions may be elaborate and bountiful, including roasts of meat and several kinds of fish. Roast beef tenderloin, for example, and loin of pork served with prunes and apple slices; boiled lobster with mayonnaise, whole baked or boiled salmon with sour cream; and a whole cold ham. Include parsley potatoes in the more elaborate type of smörgsåbord. Rum pudding usually rounds out these heroic collations.

A Swedish adaptation of the smörgåsbord is the gracious supé—a late supper served after the theater or an evening of dancing. The supé too is governed to some extent by tradition. Hot dishes are always served. They may be croustades with creamed filling, an omelet or soufflé, new potatoes with fresh dill. Breads, especially the fragrant limpa, accompany the dishes. Fish and a relish, such as sliced tomatoes, are included as a matter of course. Amounts served are not lavish. The dishes are kept small, but always garnished with the flair for beauty that characterizes Scandinavian cuisine. Cookies are sometimes included in supé and coffee is always served. To precede a Swedish dinner, a plate of three (it must be three) canapés is placed before each individual. Canapés would not be served with a smörgåsbord.

The smörgåsbord recipes here have been selected with a deep bow to Scandinavian tradition and an understanding nod to some American food preferences. The fruit molds, cream-cheese aspics, macaroni and cole slaw salad would probably not be found on a smörgåsbord table in Stockholm, except perhaps at the height of the tourist season.

The American homemaker can make a respectable gesture toward a smörgåsbord with herring, sardines, anchovies or other small canned fish, a platter of ready-to-serve meats and cheese and a relish or two—all of which may also be included in a much more elaborate buffet.

A word about bread and cheeses: Custom dictates that only the dark breads belong to the smörgåsbord and that knäckebröd (hardtack in American parlance) should be among them. Cheese may be Swiss, Danish Bleu, Edam, goat cheeses or bond ost, but it is never proffered in slices. Guests cut it to individual preference.

Pickled Herring
(Inlagd Sill)

(See center color photo)

The herring of Scandinavia are truly the harvest of the sea. As the season for them approaches, fishermen gather on the shores ready for action. When the clouds of gulls which announce the run are sighted, men and boats take to the sea for the hard toil of gathering one of the most important "crops" of Scandinavia.

Pour into a large bowl
3 qts. cold water
Put into the water
2 salt herring, cleaned and cut into fillets
(See Herring Salad, on this page, *To Prepare Herring.*) Set aside to soak 3 hrs.

Clean (page 5) and thinly slice
1 large onion
Separate onion slices into rings.

Mix together
1 cup cider vinegar
1 cup water
1 tablespoon peppercorns
1 bay leaf
Drain herring and cut into 2-in. square pieces. Put a layer of herring into a shallow bowl and top with some of the onion rings. Repeat layers of herring and onion. Pour over the vinegar-water mixture. Chill thoroughly in refrigerator several hours or overnight to blend flavors.

When ready to serve, drain off liquid. Toss herring and onion lightly to mix and put into a serving bowl. Garnish with **sprigs of parsley.**
10 to 12 servings

Herring Salad
(Sillsalat)

What beans are to Boston and ambrosia to the gods, herring is to many Scandinavians. It appears in a hundred different guises, and this salad is one of the finest.

Pour into a large bowl
2 qts. cold water
Put into the water
1 salt herring, cleaned and cut into fillets
Set aside to soak 3 hrs.

To Prepare Herring—With a sharp knife cut off and discard head. Slit along underside of the fish from head to tail. Remove entrails and scrape insides well. Cut off tail and fins. Rinse thoroughly in cold water. Cut off a strip about ½ in. wide along each of cut edges. Discard strips. Make a slit along backbone just to the bone. Using a sharp knife, carefully pull and scrape the blue skin from the flesh. Be careful not to tear fish. Then cut along backbone through bone and flesh to remove one side of fish. Repeat for the second side. Remove as many of the small bones as possible without tearing fish.

For Salad—Wipe with a clean, damp cloth and cut into ½ in. cubes
½ lb. veal
Put into a saucepan with
3 cups water
Cook over medium heat about 1 hr., or until meat is tender. Drain; chill in refrigerator.

Meanwhile, leaving on 1- to 2-in. stem and the root end, cut off leaves from
1 lb. (about 5) medium-size beets
Scrub beets thoroughly. Cook (page 33) 30 to 45 min., or until just tender. When beets are tender, drain. Plunge beets into running cold water; peel off and discard skin, stem and root end. Cut beets into slices ¼ in. thick. Cut slices into strips ¼ in. wide. Set in refrigerator to chill.

While beets cook, wash and scrub with a vegetable brush
2 small (about ½ lb.) potatoes
Cook (page 33) about 20 min., or until the potatoes are tender when pierced with a fork. Drain potatoes. To dry potatoes, shake pan over low heat. Peel potatoes and dice. Chill in refrigerator.

Hard-cook (page 5)

3 eggs

Cut 2 of the peeled eggs into halves lengthwise. Finely chop the egg whites and egg yolks separately and set aside. Cut the remaining peeled egg into slices crosswise. Set aside.

Put a bowl and beater in refrigerator to chill.

Clean (page 5) and finely chop

2 medium-size onions

Drain the herring, dry on absorbent paper, and cut into ½- to ¾-in. pieces. Put the herring, veal, potatoes, and onion into a large bowl with

1 large apple, rinsed and diced

Pour over ingredients in bowl a mixture of

1½ tablespoons white vinegar
½ teaspoon sugar
½ teaspoon salt
Few grains pepper

Toss lightly to coat evenly.

Using the chilled bowl and beater, beat until cream is of medium consistency (piles softly)

1 cup chilled whipping cream

Turn the whipped cream over the herring mixture and toss lightly until thoroughly combined. Add the beets and mix thoroughly, being careful not to break the strips. Turn into a serving bowl and chill thoroughly in refrigerator. If desired, turn Herring Salad into a 2-qt. mold. Pack lightly. Chill thoroughly.

When ready to serve, spoon the chopped egg white around the edge of the salad, the chopped egg yolk over center. Arrange the hard-cooked egg slices in a circle between the chopped egg white and egg yolks. Complete the garnish with sprigs of **parsley.** Place a cruet of **white vinegar,** colored with beet juice, and a cruet of **cream** on the table so that each person may sour the salad to his own taste.

10 to 12 servings

Fish Balls
(Fiskekroketer)

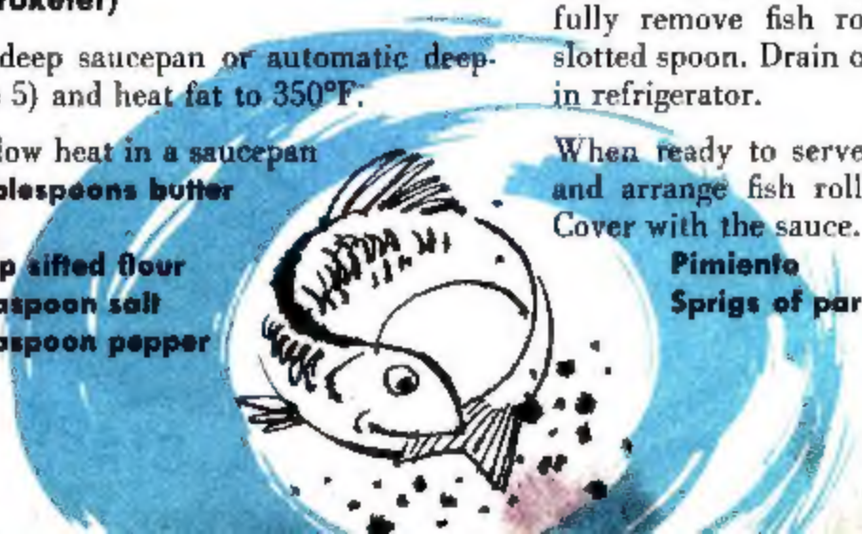
Set out a deep saucepan or automatic deep-fryer (page 5) and heat fat to 350°F.

Heat over low heat in a saucepan

2 tablespoons butter

Blend in

¼ cup sifted flour
1 teaspoon salt
⅛ teaspoon pepper



Heat until mixture bubbles. Add gradually, stirring constantly

1 cup cream

Cook rapidly, stirring constantly, until mixture thickens. Remove from heat; cool.

Meanwhile, flake finely (page 5) enough cooked fish to yield

3 cups flaked cooked fish (cod, trout, fillet of sole, whitefish)

When sauce is cool, blend in the fish and

1 egg yolk, beaten

Shape mixture into balls 1 in. in diameter. Dip balls into

2 eggs, slightly beaten

To coat evenly, roll balls in

1 cup fine, dry bread crumbs

Deep-fry Fish Balls in heated fat. Deep-fry only as many balls at one time as will float uncrowded one-layer deep in the fat. Turn balls often. Deep-fry 2 min., or until lightly browned. Drain; remove to absorbent paper.

Keep Fish Balls warm for the smörgåsbord.

About 5 doz. Fish Balls

Rolled Fish Fillets
(Rullet Fiske Filet)

(See center color photo)

Prepare and chill in refrigerator

Sauce for Lobster (page 11)

Wipe with a clean, damp cloth

1½ lbs. fish fillets (sole, cod, halibut, haddock)

(If using frozen fish fillets, thaw according to directions on package.) Cut fillets with a sharp knife into strips 10x1-in. Starting with the narrow end, roll fillets tightly and fasten with a wooden pick. Put fish rolls into a saucepan with

3 cups water
1½ teaspoons salt

Bring to boiling. Reduce heat and simmer 6 to 8 min., or until fish flakes (page 5). Carefully remove fish rolls from liquid with a slotted spoon. Drain on absorbent paper. Chill in refrigerator.

When ready to serve, remove wooden picks and arrange fish rolls on a serving platter. Cover with the sauce. Garnish with

Pimiento
Sprigs of parsley

About 2 doz. fish rolls

"Boiled" Salmon
(Kokt Laks)

There is an old story in Norway that servants sometimes set the terms of their service on the understanding that they should not be fed salmon too often. This superb game fish, prized by gourmets, exists in unbelievable abundance in Norwegian waters.

Set out a large sauce pot having a tight-fitting cover and a rack.

Wipe with a clean, damp cloth

4- to 6-lb. piece salmon, dressed (page 4)

Place salmon on a length of cheesecloth and tie ends securely.

Bring to boiling in the sauce pot

3 qts. water
¼ cup lemon juice
3 tablespoons salt

Lower the fish carefully into the sauce pot so that it rests on the rack. Cover and simmer 10 to 15 min., or until fish flakes (page 5). Carefully lift fish from sauce pot. Place on a large platter or baking sheet to cool. Chill in the refrigerator.

Meanwhile, prepare

Sauce for Salmon (on this page)

When ready to serve, remove fish carefully from cheesecloth and place on a serving platter. Scrape off skin (if any). Garnish with

Sprigs of parsley
Lemon wedges

Serve with the sauce. *10 to 12 servings*

Sauce for Salmon
(Saus for Laks)

Blend together thoroughly

½ cup thick sour cream
1 teaspoon prepared horse-radish
¼ teaspoon salt
¼ teaspoon sugar

Chill thoroughly in refrigerator.

About ½ cup sauce

Fish in Aspic
(Fisk i Aspec)

Lightly oil a 1½-qt. mold with salad or cooking oil (not olive oil). Set it aside to drain.

Prepare

Tomato Aspic (page 18)

Chill in refrigerator or in a pan of ice and water until mixture is consistency of thick, unbeaten egg white. (If mixture is placed over ice and water, stir frequently; if placed in refrigerator, stir occasionally.)

Meanwhile, cut into 1-in. pieces enough cooked fish to yield

1½ cups cooked fish pieces (herring, fillet of sole, or trout)

When mixture is of desired consistency, blend in the fish and turn into the mold. Chill in refrigerator until firm.

When ready to serve, unmold (page 5) onto a chilled serving platter and garnish with

Sprigs of parsley

8 to 10 servings

"Boiled" Lobster
(Kokt Hummer)

Fresh dill garnishes the smörgåsbord lobster.

Fill a large deep kettle or sauce pot having a tight-fitting cover about ⅔ full (or enough to cover the lobster) with

Hot salted water (1 tablespoon salt per qt. water)

Bring water rapidly to boiling. Grasp by the back and plunge head first into the water

1 live lobster, about 1½ lbs.

Cover, bring water again to a rolling boil. Reduce heat and simmer 15 to 20 min. Drain and cover with cold water to chill. Drain again. Place shell-side down on a cutting board.

Twist off the two large claws, the smaller ones and the tail. With a pair of scissors cut or with a sharp knife slit the bony membrane on the underside of tail. Remove and discard the intestinal vein. Using a sharp knife, cut completely through tail crosswise into 1½ in. pieces. With a sharp knife, cut lobster into halves; cut completely through entire length of body and through shell. Remove and discard the intestinal vein running lengthwise through center of body. Remove and discard stomach (a small sac which lies in the head) and spongy lungs (which lie in upper body cavity between meat and shell).

If present, remove and reserve the tomalley (green liver) and the coral (bright red roe) to be used along with the lobster meat or as a garnish. Using a sharp knife, cut the body crosswise into 1½-in. pieces.

Chill pieces of lobster and the claws in refrigerator. When ready to serve on the smörgåsbord, arrange pieces of lobster and claws on a platter, shell-side up, to resemble a whole lobster. Garnish lobster with

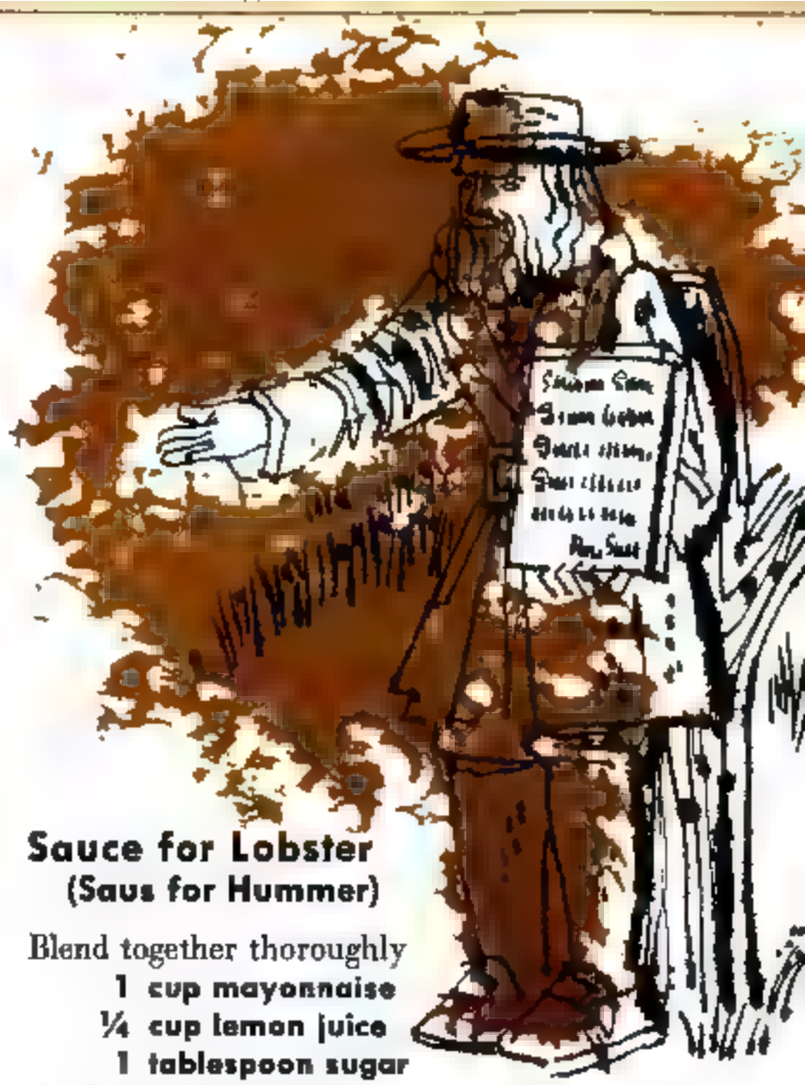
Fresh dill or parsley

Serve with

Sauce for Lobster (on this page)

About 8 to 10 servings

Note: To use cooked lobster meat in food preparation, do not cut lobster into pieces. Spread tail shell apart and remove meat in one piece; remove meat from body shell. Disjoint the large claws and crack with a nutcracker. A nut pick may be helpful in removing meat from small joints and claws. Chill in refrigerator, cut and use as desired. *1¼ cups lobster meat*



Sauce for Lobster
(Saus for Hummer)

Blend together thoroughly

1 cup mayonnaise
¼ cup lemon juice
1 tablespoon sugar

Chill in refrigerator. *1¼ cups sauce*

Cooked Shrimp
(Kokt Rakor)

Wash in cold water

1 lb. fresh shrimp with shells

Drop shrimp into a boiling mixture of

2 cups water
2 tablespoons lemon juice
2 teaspoons salt
1 bay leaf

Cover tightly. Simmer 5 min., or only until shrimp are pink and tender. Drain and cover with cold water to chill. Drain shrimp again.

To peel shrimp, remove the tiny legs. Peel shells from shrimp. Cut a slit to just below surface along back (outer curved surface) of shrimp to expose the black vein. With knife point, remove vein in one piece. Rinse shrimp quickly in cold water. Drain on absorbent paper. Store in refrigerator until ready to use.

To serve shrimp on the smörgåsbord, pile the shrimp into a bowl and hang some of the shrimp on the rim of the bowl. Garnish with

Fresh dill or parsley

1½ to 2 doz. Cooked Shrimp

Swedish Meat Balls I
(Köttbullar I)

▲ *Base Recipe*

Most widely known of all Swedish dishes, these tiny succulent balls typify the Scandinavian homemaker's genius in ground-meat cookery. Some cooks add a pinch of sugar, dash of paprika or chopped mushrooms to the gravy.

Set out a large, heavy skillet having a tight-fitting cover.

Set out

1 cup (3 slices) fine, dry bread crumbs

Lightly mix together in a large bowl ½ cup of the bread crumbs and

1 lb. ground round steak
½ lb. ground pork
½ cup mashed potatoes
1 egg, beaten

and a mixture of

1 teaspoon salt
½ teaspoon monosodium glutamate
½ teaspoon brown sugar
¼ teaspoon pepper
¼ teaspoon allspice
¼ teaspoon nutmeg
⅛ teaspoon cloves
⅛ teaspoon ginger

Shape mixture into balls about 1 in. in diameter. Roll balls lightly in remaining crumbs.

Heat in the skillet over low heat

3 tablespoons butter

Add the meat balls and brown on all sides. Shake pan frequently to brown evenly and to keep balls round. Cover and cook about 15 min., or until meat balls are thoroughly cooked.

Keep meat balls hot for the smörgåsbord.

About 3 doz. meat balls

—Swedish Meat Balls II
(Köttbullar II)

To serve meat balls for dinner, follow ▲ Recipe. Prepare 1 cup **Quick Meat Broth** (page 5). Remove meat balls from skillet after browning. Blend 2 tablespoons **flour**, ¼ teaspoon **salt**, and few grains **pepper** into the contents of the skillet. Heat until mixture bubbles. Stirring constantly, gradually add 1 cup **cream** and the meat broth. Return the meat balls to the skillet and cover. Simmer 30 min. Serve the meat balls in the gravy. *6 servings*

Swedish Meat Balls I

Jellied Veal
(Kalv Sylta)

Set out a 9½x5¼x2¾-in. loaf pan.

Wipe with a clean, damp cloth

2 lbs. veal shank
1 lb. veal shoulder

Put meat into a large, heavy sauce pot with

2 qts. boiling water
1 tablespoon salt
10 peppercorns
1 bay leaf

Bring to boiling. Skim off any foam. Cover, reduce heat and simmer slowly about 2 hrs., or until meat is tender. Remove meat from broth and set aside.

Strain the broth and return it to the sauce pot. Bring to boiling and boil rapidly, uncovered, until 1 qt. liquid remains.

Meanwhile, remove the meat from the bone. Put through the medium blade of a food chopper. Add the meat to the broth with

¾ teaspoon ginger
¼ teaspoon pepper

Turn into the loaf pan and set aside to cool.

Chill in refrigerator until firm.

When ready to serve, unmold (page 5) onto a chilled serving plate. Slice and serve with

Lingonberry preserves or
Pickled Beets (page 15)

10 to 12 servings

Smoked Beef Tongue
(Rökt Tunga)

(See center color photo)

Put into a large kettle or a sauce pot having a tight-fitting cover

3- to 4-lb. smoked beef tongue

Add enough boiling water to cover the tongue. Cover and simmer 3 to 4 hrs., or until tender. (If necessary, add more boiling water to keep the tongue covered during cooking period.) Or follow cooking directions on the wrapper.

When tongue is tender, slit skin on underside of tongue and peel it off. Cut away roots and gristle. (Plunging tongue into cold water after cooking helps to loosen the skin.) Return tongue to cooking liquid to complete cooling. Drain and chill in refrigerator.

Cut chilled tongue into thin slices and arrange on a serving platter. Garnish with

Whole apple and celery leaves

9 to 12 servings

Rolled Rib Roast of Beef
(Okse Rullet)

A roast of beef belongs in a really sumptuous smörgåsbord. In Scandinavia the roast would be a beef tenderloin. In this country the more popular rolled rib roast serves handsomely.

Set out a shallow roasting pan with a rack.

Wipe with a clean, damp cloth

6- to 8-lb. rolled rib roast of beef

Place roast on rack in roasting pan, fat-side up. Sprinkle with a mixture of

1½ teaspoons salt
¾ teaspoon monosodium glutamate
⅛ teaspoon pepper

Insert roast meat thermometer in center of thickest part of lean; be sure bulb does not rest in fat.

Roast at 300°F allowing 28 to 30 min. per pound for rare; 32 to 35 min. per pound for medium; and 37 to 40 min. per pound for well done. Roast will be done when roast meat thermometer registers 140°F for rare; 160°F for medium; and 170°F for well done.

For use on smörgåsbord, cool roast completely. Remove roast meat thermometer. Cut a few slices and arrange with the roast on a platter.

12 to 14 servings

Roast Ham
(Stekt Shinka)

Set out a shallow roasting pan with a rack.

Follow directions on wrapper or wipe with a clean, damp cloth

10-lb. smoked whole ham

Place ham fat side up on rack. Insert roast meat thermometer in center of thickest part of lean, being sure bulb does not rest on bone or in fat.

Roast uncovered at 300°F 2½ hrs.

Meanwhile, prepare glaze.

For Glaze—Mix together in a small bowl

1 cup firmly packed brown sugar
1 tablespoon flour
1 teaspoon dry mustard

Stir in to form a smooth paste

2 tablespoons cider vinegar

To Glaze Ham—Remove ham from oven after it has roasted 2½ hrs. Remove rind (if any), being careful not to remove fat. Making diagonal cuts, score fat surface of ham to make a diamond pattern. Place in centers of diamonds

Whole cloves

Spread glaze over ham. Return to oven and continue roasting about 45 min., or until internal temperature of ham reaches 160°F. (Total roasting time is about 3 hrs., allowing 18 to 20 min. per pound.)

Remove ham from oven. Allow ham to cool completely. Remove thermometer. Cut ham into slices and press slices together again to resemble a whole ham.

20 servings

Roast Loin of Pork with Prunes
(Fläskkarre)

Set out a roasting pan with a rack.

Wipe with a clean, damp cloth
3-lb. loin of pork
Rub meat with a mixture of
1 teaspoon salt
½ teaspoon monosodium glutamate
¼ teaspoon pepper
Place loin of pork on rack in roasting pan. Insert roast meat thermometer at top center of pork loin, being sure that bulb rests in center of the loin and not on bone or in fat.

Roast pork uncovered at 325°F until internal temperature reaches 185°F. The total roasting time should be about 2 hrs. Allow about 40 min. per pound.

Meanwhile, bring to boiling in a large saucepan
2 cups water
Add
1½ cups (about 9 oz.) prunes
Cover and simmer about 25 min., or until prunes are partially tender. Drain prunes and cut into halves. Remove and discard pits.

About ½ hr. before roast is done, arrange prunes around pork loin. Continue roasting for ½ hr.

Remove pork loin from oven; cool completely. Remove thermometer from meat.

When ready to serve for smorgåsbord, slice the meat and arrange on a serving platter. Garnish with the prunes and
Apple slices

8 to 10 servings

Liver Paste
(Leverpastej)

A smörgåsbord favorite.

Grease an 8½x4½x2½-in. loaf pan.

Wipe with a clean, damp cloth and, if necessary, remove tubes and outer membrane from
1½ lbs. liver (beef, veal or pork)
Put liver in skillet with
1 cup hot water
Cover and simmer 5 min. Drain and cool.

Meanwhile, combine and mix lightly
2 eggs, slightly beaten
1 cup cream
and a mixture of
¼ cup sifted flour
2 teaspoons salt
¼ teaspoon white pepper
⅛ teaspoon cloves
⅛ teaspoon ginger
Few grains nutmeg
Force the cooled liver through the medium blade of a food chopper with
3 slices bacon
4 anchovy fillets, drained of oil
1 slice onion
Mix lightly with the egg mixture, blending thoroughly. Pack into the greased loaf pan.

Bake at 350°F 1½ to 2 hrs.

Cool completely on cooling rack.

When ready to serve, loosen meat gently from sides of pan with spatula. Invert onto platter. Cut into thin slices and garnish with
Pickled Beets (page 15)

10 to 12 servings

Stuffed Eggs
(Fyllda Ägg)

Hard-cook (page 5)

6 eggs

Cut peeled eggs into halves lengthwise. Remove egg yolks to a bowl. Set egg whites aside.

Force egg yolks through sieve or ricer, or mash with fork. Stir in a mixture of

¾ teaspoon dry mustard
½ teaspoon salt
¼ teaspoon pepper
¼ teaspoon monosodium glutamate

Blend in

1 tablespoon finely chopped onion
1 tablespoon lemon juice

Stir in, moistening egg-yolk mixture to a smooth, thick consistency

2 to 3 tablespoons thick sour cream or mayonnaise

Spoon mixture lightly into egg whites, leaving tops rounded. Or force mixture through a pastry bag and a No. 7 decorating tube into egg whites. Garnish center of egg with

Pimiento

Chill eggs in the refrigerator. *12 servings*

For Variety—Blend in one of the following: ¼ teaspoon **savory** or **tarragon;** 1 tablespoon **prepared horse-radish;** 1 tablespoon chopped **parsley** or **chives.**

Pickled Beets
(Inlagd Rödbetor)

Leaving on 1- to 2-in. stem and the root end, cut off leaves from

1 lb. (about 5) medium-size beets

Scrub beets thoroughly. Cook (page 33) in water to cover 30 to 45 min., or until just tender. When beets are tender, drain, reserving liquid in a measuring cup for liquids.

Plunge beets into running cold water; peel off and discard skin, stem and root end. Cut beets into slices ¼ in. thick.

Clean (page 5) and thinly slice

1 medium-size onion

Separate the onion slices into rings.

Put a layer of beets into a shallow bowl. Cover with some of the onion rings. Repeat layers of beets and onions, ending with the beets. Pour over a mixture of

¾ cup cider vinegar
¾ cup reserved beet liquid
1 whole clove

Cover and chill thoroughly in refrigerator several hours or overnight to blend flavors.

8 to 10 servings

Hot Potato Salad
(Varm Potetes Salad)

Wash, pare and cook (page 33)

12 medium-size (about 4 lbs.) potatoes, cut in halves

Cook about 20 min., or until tender when pierced with a fork. Drain.

To dry potatoes, shake pan over low heat. To heat potato masher, food mill or ricer and a mixing bowl, scald them with boiling water. Mash or rice potatoes thoroughly. If necessary, keep potatoes hot over simmering water.

Meanwhile, cream until softened

2 tablespoons butter

Blend in thoroughly

4 egg yolks, beaten
¼ cup cream
4 teaspoons cider vinegar

and a mixture of

1 tablespoon salt
2 teaspoons sugar
1 teaspoon pepper

Stir in

¼ cup chopped parsley
¼ cup chopped onion

Add the hot mashed potatoes and mix until thoroughly blended. Turn into a warm serving dish. Garnish with

Sprigs of parsley
Pickled Beets cut in strips
Lemon slices

8 to 10 servings

Cucumber Salad
(Pressgurka)

You'll enjoy the sprightly sweet-sour flavor.

Rinse and pare
1 large cucumber
Score cucumber by pulling the tines of a fork lengthwise through cucumber. Cut cucumber into very thin slices. Put into a shallow bowl.

Mix well
⅓ cup cider vinegar
5 tablespoons water
5 tablespoons sugar
½ teaspoon salt
Few grains white pepper
Pour over the cucumber slices and toss lightly to coat evenly. Cover and put in the refrigerator for several hours to chill and allow flavors to blend.

Garnish cucumbers with
1 tablespoon finely chopped parsley
8 to 10 servings

Cabbage Salad

(*See center color photo*)

Cabbage salad is alien to smörgåsbord tradition but is suggested because of its popularity with Americans.

Blend together thoroughly in a small bowl
⅓ cup mayonnaise
⅓ cup French dressing
1 teaspoon dry mustard
¼ teaspoon curry powder
¼ teaspoon salt
Cover and put in refrigerator to chill.

Wash and finely shred or chop
¾ lb. cabbage (about 3 cups, shredded)
Put cabbage into a deep bowl, cover and put in refrigerator to chill.

Shortly before serving time, remove cabbage and dressing from refrigerator. Stir dressing and pour enough of it over cabbage to moisten. Toss lightly to blend. Add more dressing if necessary.

Put cabbage into a serving bowl and shape into a mound. Garnish with
Pimiento
Sprigs of parsley
About 6 servings

Fruit-Filled Gelatin Salad

▲ *Base Recipe*

Gelatin molds on the Scandinavian smörgåsbord are usually filled with meat, fish or shellfish. Fruit is suggested here out of deference to a long-standing American taste.

For Lemon Mayonnaise—Set a bowl and beater in refrigerator to chill.

Set out
1 cup mayonnaise
Blend in
1½ tablespoons lemon juice
Using the chilled bowl and beater, beat until cream is of medium consistency (piles softly)
¼ cup chilled whipping cream
With final few strokes, beat or blend in
2½ tablespoons sifted confectioners' sugar
Fold (page 5) into mayonnaise mixture.

For Salad—Drain, reserving sirup in a 2-cup measuring cup for liquids, contents of
1 No. 2 can crushed pineapple (about 1½ cups, drained)
1 1-lb. can sliced peaches (about 1¼ cups, drained)
Rinse
2 medium-size oranges
With a sharp knife, cut away peel and white membrane. Remove sections by cutting on either side of dividing membranes; remove, section by section, over the measuring cup to collect juice.

Put fruit into a bowl, cover, and put in refrigerator until ready to use.

Add to reserved sirup
Orange juice (enough to make 2 cups liquid)
Empty into a large bowl
2 pkgs. cherry-flavored gelatin
Add, stirring until gelatin is completely dissolved
2 cups very hot water
Stir until gelatin is completely dissolved; blend in the reserved fruit juice and
¼ cup lemon juice
Chill in refrigerator or in pan of ice and water until gelatin mixture is slightly thicker than consistency of thick, unbeaten egg white. (If mixture is placed over ice and water, stir frequently; if it is placed in the refrigerator, stir occasionally.)

Lightly oil a 1½-qt. fancy mold with salad or cooking oil (not olive oil). Set it aside to drain.

When gelatin is of desired consistency, stir in the pineapple, peaches, and orange sections. Turn mixture into prepared mold. Place in refrigerator to chill until firm.

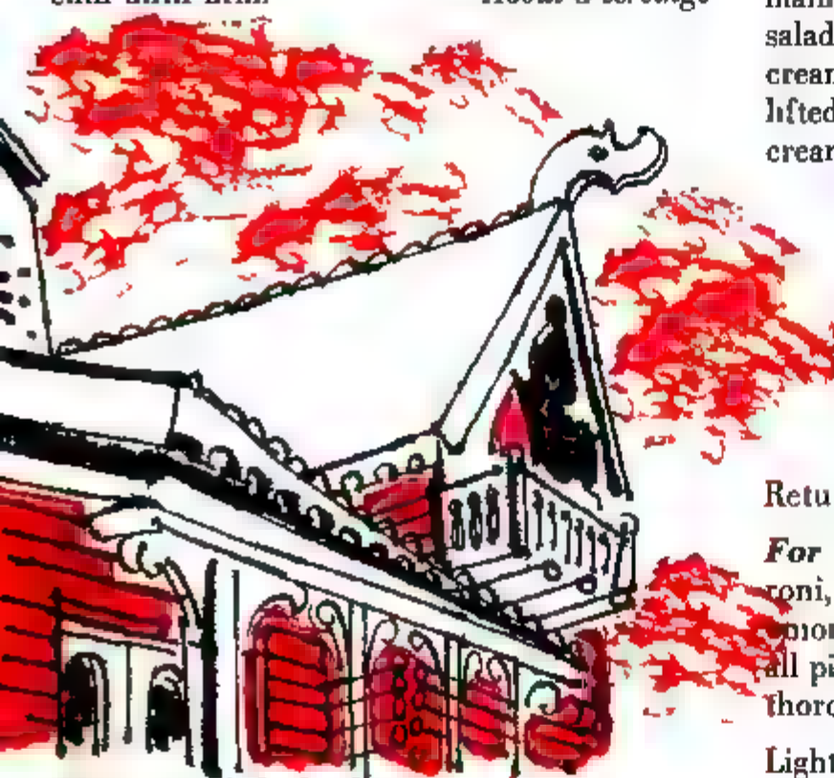
Unmold (page 5) onto chilled serving platter. Serve with the Lemon Mayonnaise.

About 12 servings

—Jewel Mold

(See center color photo)

Follow △ Recipe. Omit fruit. Substitute 2 cups **orange juice** for the 2 cups fruit sirup. Pour mixture into a prepared 1-qt. fancy mold and chill until firm. *About 8 servings*



Macaroni Salad

(See center color photo)

Unorthodox, but especially delicious.

Put in refrigerator to chill a 1-qt. bowl, a beater, and

1½ cups whipping cream

For Macaroni—Heat to boiling in a large sauce pot or kettle

3 qts. water
1 tablespoon salt
2 bay leaves

Add gradually so boiling does not stop

2 cups (8 oz.) uncooked macaroni (tubes broken into 1-in. pieces, elbows or other shapes)

Boil rapidly, uncovered, 10 to 15 min., stirring occasionally to prevent sticking. Test tenderness by pressing a piece against side of pan with fork or spoon.

To drain macaroni, turn it into a colander or large sieve; rinse with water to remove loose starch; set aside to cool.

Meanwhile, prepare and set aside

½ cup finely chopped celery (page 5)
2 teaspoons grated onion

Flake (page 5) enough canned salmon to yield

½ cup flaked salmon

While macaroni is cooling, prepare dressing.

For Dressing—Put ¾ cup of the chilled whipping cream into the chilled bowl. (Remaining ¾ cup will be needed for decorating salad.) Using the chilled beater, beat until cream stands in peaks when beater is slowly lifted upright. Blend or beat into whipped cream with final few strokes, a mixture of

½ cup mayonnaise
2 teaspoons lemon juice
1 teaspoon sugar
1 teaspoon dry mustard
½ teaspoon salt
½ teaspoon monosodium glutamate
⅛ teaspoon white pepper
Few grains cayenne pepper

Return clean bowl and beater to refrigerator.

For Salad—Combine cooled, cooked macaroni, flaked salmon, chopped celery, grated onion, and dressing. Lightly mix together until all pieces are coated with dressing. Chill salad thoroughly to allow flavors to blend.

Lightly mound salad onto serving platter.

Just before serving time, put reserved ¾ cup of chilled whipping cream into the chilled bowl. Beat, using chilled beater, until cream stands in peaks when beater is slowly lifted upright. Blend or beat in with final few strokes, a mixture of

2 teaspoons lemon juice
1 teaspoon sugar
½ teaspoon dry mustard
½ teaspoon salt
Few grains cayenne pepper

Force whipped cream mixture through a pastry bag and a No. 7 star tube to decorate top of salad. Garnish with

Pimiento or red pepper

About 8 servings

Tomato Aspic-Cream Cheese Salad Ring

(See center color photo)

▲ *Base Recipe*

Not Scandinavian but very pretty, this American type of salad lends a colorful touch to the smörgåsbord. It is sometimes seen in American-Scandinavian restaurants.

Two identical 1-qt. ring molds will be needed.

For Salad Ring—Prepare and chill until firm

Tomato Aspic Ring
Cream Cheese Ring

When ready for serving, unmold (page 5) the Tomato Aspic Ring onto a chilled plate large enough for the aspic to be expanded to twice its size. Cut aspic into 1-in. slices and spread slices about 1-in. apart.

Unmold (page 5) Cream Cheese Ring onto a second chilled plate. Cut into 1-in slices. Transfer slices to the alternating spaces between the tomato aspic slices. Arrange so that a perfect ring is formed again.

Place in the center of salad ring a bowl

Salad dressing

For Tomato Aspic Ring—Pour into a saucepan

4 cups tomato juice

Add to tomato juice

⅓ cup chopped celery leaves
⅓ cup chopped onion
2½ tablespoons sugar
1½ teaspoons salt
½ teaspoon monosodium glutamate
½ bay leaf

Simmer uncovered, 10 min

Meanwhile, pour into a small bowl

½ cup cold water

Sprinkle evenly over cold water

2 tablespoons (2 env.) unflavored gelatin

Let stand about 5 min. to soften.

Lightly oil one ring mold with salad or cooking oil (not olive oil). Set it aside to drain.

Remove tomato juice mixture from heat. Strain liquid into a large bowl. Immediately add the softened gelatin to tomato juice mixture and stir until gelatin is completely dissolved. Add and stir well

2½ tablespoons cider vinegar

Pour mixture into the prepared mold. Cool and place in refrigerator to chill until firm.

For Cream Cheese Ring—Lightly oil the second mold with salad or cooking oil (not olive oil). Set it aside to drain.

Pour into a small bowl

½ cup cold water

Sprinkle evenly over cold water

1 tablespoon (1 env.) unflavored gelatin

Let stand about 5 min. to soften. Dissolve completely by placing the bowl over very hot water.

Beat until very soft

9 oz. cream cheese

Mix in, in order (adding cream gradually and stirring until smooth after each addition)

2 cups thick sour cream
4 teaspoons lemon juice
1½ tablespoons sugar
1 teaspoon salt

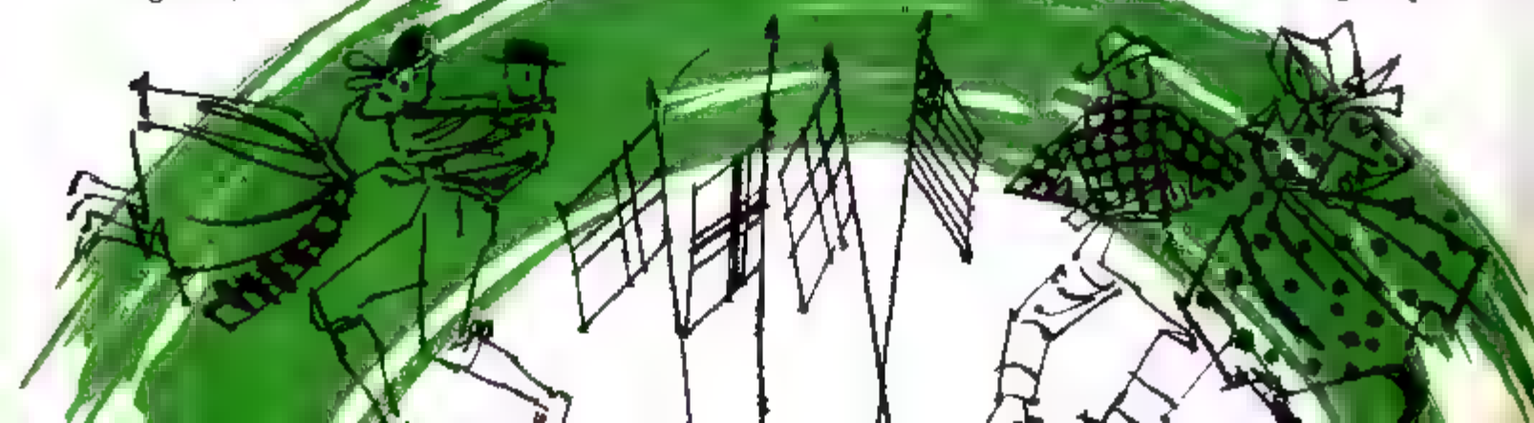
When gelatin is dissolved, stir it and blend into cream cheese mixture. Turn mixture into the prepared mold. Place in refrigerator to chill until firm. *About 24 servings*

—Tomato Aspic Squares

(See center color photo)

Follow △ Recipe. Omit salad ring and Cream Cheese Ring. Set out a 13x9x2-in. pan. Pour **Tomato Aspic** into pan, cool and chill in refrigerator until firm. When ready to serve, cut into 2-in. squares. Beat 1½ oz. (½ pkg.) **cream cheese,** softened, and 1 tablespoon **milk** until fluffy. Force cream cheese through a pastry bag and No. 27 decorating tube onto center of each square. Arrange squares on a serving tray and garnish with sprigs of **parsley.**

About 2 doz. aspic squares



Soups

Throughout Scandinavia soup is regarded with high seriousness and soup making is a living art. The tureen makes a daily appearance on Scandinavian dining tables and may appear oftener. For Scandinavians are so fond of some of their soups, notably the colorful fruit soups, that they serve them as dessert.

Norwegian Fruit Soup
(Söt Suppe I)

▲ *Base Recipe*

This fragrant soup is usually served warm as a dessert. It is very popular among Norwegians, who love fruits and greet each summer with the fervent hope that it will be kind to the fruit harvest. The even warmth and long days of the Norwegian summer favor the perfect maturing of fruits, and the soups of this type seem to capture that perfection.

Bring to boiling in a deep saucepan
1 qt. water
Add to water so boiling will not stop
2 tablespoons rice
(The Rice Industry no longer considers it necessary to wash rice before cooking.) Boil rapidly, uncovered, 15 to 20 min., or until a kernel is entirely soft when pressed between fingers. Drain rice, reserving liquid.

Rinse and finely chop enough apple to yield
½ cup finely chopped apple
Put into a bowl
1 cup pitted dark sweet cherries and juice

Add
½ cup red raspberry fruit sirup
¼ cup lemon juice.
Return the rice water to the saucepan. Add the apple and
2-in. piece stick cinnamon
Cook over medium heat 4 to 5 min., or until apple is tender. Add the drained rice and the cherry mixture. Remove the cinnamon. Simmer 5 min.

Blend together to form a smooth paste
1 tablespoon cold water
1 teaspoon cornstarch
Blend cornstarch mixture into soup. Bring to boiling. Continue to cook 3 to 5 min. Cool soup slightly.

Serve soup warm or cold. If serving soup cold, garnish with **whipped cream.**

About 3½ cups soup

—Raisin Fruit Soup
(Söt Suppe II)

Follow △ Recipe. Omit cherries. Increase red raspberry sirup to 1 cup. Add to the sirup mixture 1 cup (about 5 oz.) dark seedless **raisins.**

Swedish Fruit Soup I
(Fruktsoppa I)

▲ *Base Recipe*

Deprived of fresh fruits for many months of the year by the rigors of climate, Swedish homemakers have created miracles with fruit syrups and dried fruits, both native and imported. This soup is usually served cold and is equally delicious as the first course or dessert.

Set out a large sauce pot having a tight fitting cover.

Rinse well in cold water

1 cup (about 6 oz.) dried apricots
¾ cup (about 3 oz.) dried apples
½ cup (about 3 oz.) dried peaches
½ cup (about 3½ oz.) prunes
½ cup (about 2½ oz.) dark seedless raisins

With a sharp paring knife, remove pits from prunes. Put fruits into the sauce pot with

2 qts. water

Cover and soak fruits 2 to 3 hrs.

Add to the sauce pot

¼ cup sugar
3 tablespoons tapioca
3-in. piece stick cinnamon
1 teaspoon grated orange peel (page 4)

Bring to boiling; reduce heat, cover and simmer about 1 hr., or until fruit is tender. Remove from heat and stir in

1 cup red raspberry fruit sirup

Chill soup in refrigerator.

Serve soup with

Whipped cream
Slivered blanched almonds (page 4)

About 3 qts. soup

—Swedish Fruit Soup II
(Fruktsoppa II)

Follow △ Recipe. Omit raisins.

Yellow Pea Soup with Pork
(Ärter med Fläsk)

Every Thursday, by a custom whose origin is lost, golden pea soup is served throughout Sweden, from fisher's cottage to Royal Palace. In the other Scandinavian countries it is prepared often enough to be regarded as a typically Scandinavian dish.

Rinse, sort (discarding imperfect peas) and put into a large saucepan

¾ lb. (about 1⅓ cups) yellow peas

Pour over the peas

2½ qts. cold water

Cover and set peas aside to soak overnight.

When ready to prepare soup the next day, wipe with a clean, damp cloth

1 lb. smoked shoulder butt

Put into a large sauce pot with

3 qts. water
¾ cup coarsely chopped onion (page 5)

Simmer 1½ to 2 hrs., or until meat is tender.

Remove meat and set aside. Skim off fat from liquid, leaving about 2 tablespoons. Drain the peas and add to the broth with

1 teaspoon salt
1 teaspoon whole thyme
½ teaspoon monosodium glutamate
¼ teaspoon sugar

Simmer 1½ to 2 hrs., or until peas are tender. If necessary, skim off shells of peas as they come to the surface.

Serve soup with thin slices of the smoked butt.

About 2½ qts. soup

Norwegian Vegetable Soup
(Fersk Suppe I)

▲ *Base Recipe*

The basic recipe is traditional and very old. The variation dates from the 19th-century acceptance of the tomato as wholesome food.

Wipe with a clean, damp cloth
2 lbs. beef short ribs
1 lb. soup bone
Put into a large sauce pot with
3 qts. cold water
1 tablespoon salt
Bring to boiling; reduce heat and simmer 2½ hrs. During cooking, occasionally remove foam that forms on top.

Prepare
1½ cups (3 medium-size) coarsely chopped onion (page 5)
1¼ cups (3 medium-size) coarsely chopped carrots
1 small head (1 lb.) cabbage, cut in pieces
After simmering soup 1 hr. add the chopped onion. Continue to simmer 1 hr. longer. Add the carrots and cabbage. Simmer another ½ hr.

Skim off fat from soup, leaving about 2 tablespoons. Add
1 whole nutmeg
Simmer 15 min. longer. Remove the short ribs and soup bone to a bowl. Remove and discard the nutmeg. Stir in until bouillon cubes are dissolved
2 beef bouillon cubes
2½ teaspoons salt
1 teaspoon monosodium glutamate
¼ teaspoon pepper
Remove 2 cups of the broth. Stir into the remaining soup
½ cup finely chopped parsley
Keep soup hot while preparing sauce for meat.

Prepare
2 cups Medium White Sauce (double recipe, page 37; substitute the broth for the milk; stir into sauce 4 teaspoons sugar, 2 tablespoons vinegar, and 2 tablespoons prepared horse-radish)
Add the meat and cook over low heat until heated thoroughly.

Serve the soup first. Then serve the meat and sauce. *8 to 10 servings*

—Vegetable Soup with Tomatoes
(Fersk Suppe II)

Follow △ Recipe. Rinse 4 medium-size **tomatoes.** Cut out stem ends and cut tomatoes into six pieces. Add tomatoes with bouillon cubes.

Buttermilk Soup
(Kaernemaelksuppe)

Delicious on hot summer days. It may also be served as a beverage.

Beat until very thick and piled softly
3 eggs
Add gradually, beating thoroughly after each addition
½ cup sugar
Add
2 tablespoons grated lemon peel (page 4)
Pour over the egg mixture gradually, stirring until blended
2 qts. buttermilk
Chill in refrigerator about 2 hrs.

Serve soup the day it is prepared, preferably soon after chilling. *About 2½ qts. soup*

Fish Soup
(Fiske Suppe)

Set out a large, heavy saucepan or sauce pot having a tight-fitting cover.

Rinse in cold water and drain well
2 lbs. dressed fish with head (such as cod, trout, or mackerel)
Using a sharp, heavy knife cut fish crosswise into 1-in. slices. Break through the bone by tapping the knife with a hammer.

Put fish slices and head into the saucepan with
1 qt. water
1 tablespoon salt
Bring to boiling. Reduce heat, cover and cook 8 to 10 min., or until fish flakes (page 5).

Meanwhile, wash, pare or scrape, and dice
2 carrots
Clean (page 5) and chop
1 small onion
Wash, pare and cut into ½-in. cubes
2 medium-size potatoes (about ½ lb.)
Cook vegetables (page 33) in saucepan about 8 min., or until tender. Drain and set aside.

When fish is cooked, remove and discard the head. Ladle or spoon out 3 cups of the liquid and set aside. Keep the fish hot.

Beat until thick and piled softly
2 eggs
Stir in
1 cup thick sour cream
2½ teaspoons salt
1 teaspoon monosodium glutamate
Add the reserved fish liquid very gradually, stirring constantly. Add the vegetables. Cook over low heat until heated. Garnish soup with
Minced chives
Serve soup first. Drain the fish and serve with **parsley potatoes** (boiled potatoes tossed in a mixture of melted butter and chopped parsley).
6 servings

Dumplings for Soup
(Boller)

Bring to a rolling boil
1 cup water
¼ cup butter
¼ teaspoon salt
Add, all at one time
1 cup sifted flour
Beat vigorously with a wooden spoon until mixture leaves sides of pan and forms a smooth ball. Remove from heat. Quickly beat in, one at a time, beating until smooth after each addition
2 eggs
Continue beating until smooth and thick.

Heat to boiling in a large saucepan
2 qts. water
2 teaspoons salt
Drop dumpling dough by rounded teaspoonfuls into water. (Dough will drop more readily from a spoon moistened in the boiling water.) Cook only as many dumplings at one time as will float, uncrowded, one layer deep. Cook 3 to 5 min., or until dumplings rise to surface of water. Remove dumplings with a slotted spoon. Put several dumplings in each soup plate and spoon or ladle soup over them.
About 3 doz. dumplings

Main Dishes, Vegetables, & Salads

Fish of northern European waters—fresh, salted or canned—forms a main part of the Scandinavian menu. Scandinavians have a fondness bordering on reverence for fish, and a skilled hand and lively wit in preparing them. Pork, prized for its flavor, is also popular. Dried fruits are frequently used in meat cookery. Certain dishes are traditional to holidays—goose for Christmas and St. Martin's Day, lutfisk for the Christmas season. The first greens of spring are served in ceremonial spirit, as befits the return of verdure in lands where winters are long.

Norwegian Meat Balls
(Karbonader)

Put into a large bowl

¼ cup (about ¾ slice) fine, dry bread crumbs

Pour over the crumbs

1 cup milk

Stir until blended. Add to the bowl

1 lb. round steak, ground twice
1 egg, beaten
3 tablespoons grated onion

and a mixture of

1 teaspoon salt
½ teaspoon monosodium glutamate
¼ teaspoon nutmeg
⅛ teaspoon pepper

Mix lightly until thoroughly blended. Shape into patties 2½ in. in diameter and ¼ in. thick.

Heat in a large skillet having a tight-fitting cover

3 tablespoons butter

Add the patties to the skillet and cook over medium heat until patties are well browned. Turn to brown second side. Set patties aside in the skillet to keep warm.

Prepare and set aside

½ cup Quick Meat Broth (page 5)

Clean (page 5) and cut into thin slices

1 large onion

Heat in a small skillet

2 tablespoons butter

Add the onion and cook over medium heat until lightly browned. Remove onion from the skillet and set aside. Drain off any fat. Add to the skillet

1 tablespoon sugar

Stirring constantly with the back of a wooden spoon, heat until sugar is melted. Add the meat broth gradually and

2 tablespoons butter

Stir until well blended. Pour over the meat balls. Cover meat with the onion slices. Cover skillet and simmer 10 min. *4 to 5 servings*

Note: Norwegian Meat Balls may be served on the smörgåsbord.

Norwegian Meat Balls and Gravy
(Kjötkaker)

For Meat Balls—Heat in a large, heavy skillet over low heat

2 tablespoons butter

Add and cook over medium heat until onion is golden yellow, stirring occasionally

6 tablespoons finely chopped onion

Combine and mix together lightly the onion and

1 lb. ground beef
¼ lb. ground, lean pork
½ cup (½ slice) soft bread crumbs
½ cup milk
1 egg, beaten

and a mixture of

2 teaspoons sugar
1¼ teaspoons salt
½ teaspoon nutmeg
¼ teaspoon allspice

Shape meat mixture into 1-in. balls.

Heat in the skillet over low heat

2 tablespoons butter

Add the meat balls and brown over medium heat. Shake pan frequently to obtain an even browning and to keep balls round. When thoroughly cooked, remove meat balls to warm serving dish; keep warm while preparing gravy.

For Gravy—Add to the fat in the skillet a mixture of

3 tablespoons flour
1 teaspoon sugar
½ teaspoon salt
¼ teaspoon pepper

Heat until mixture bubbles and flour is lightly browned.

Remove from heat; add gradually, stirring in, a mixture of

1 cup water
1 cup cream

Cook rapidly, stirring constantly, until mixture thickens; do not boil. Cook 1 to 2 min. longer. Pour gravy over meat balls in dish.

Serve at once. *6 servings*

Danish Meat Balls
(Frikadeller)

Combine in a large bowl

1 lb. beef, ground twice
½ lb. pork, ground twice
1 tablespoon finely chopped onion

and a mixture of

½ cup sifted flour
1 teaspoon salt
½ teaspoon monosodium glutamate
¼ teaspoon pepper

Add gradually, mixing vigorously

1 cup milk
¼ cup water
1 egg, beaten

Beat vigorously until mixture is smooth and well blended.

Heat in a heavy skillet

3 tablespoons butter

Using a tablespoon (not measuring spoon), drop the meat mixture by rounded tablespoonfuls into the skillet. (Meat will drop more readily from a spoon dipped in melted butter.) Cook over medium heat until browned. Using a slotted spoon turn meat balls to brown evenly. Allow about 8 to 10 min. to cook meat balls.

Serve with browned potatoes and

Sweet-Sour Red Cabbage (page 36)

About 3 doz. small balls

Pork Tenderloin Stuffed with Prunes (Mørbra)

▲ *Base Recipe*

Set out a large heavy skillet having a tight-fitting cover.

For Meat—Wipe with a clean, damp cloth
1½ lbs. pork tenderloin, in one piece
Trim off any excess fat. Using a sharp knife cut meat lengthwise about two-thirds through.

Set out
12 (about 3 oz.) prunes
Using a sharp knife, remove pits from prunes. Arrange the prunes in the pork tenderloin and fasten with skewers.

Heat in the skillet
2 to 3 tablespoons butter
Add the pork tenderloin and cook slowly, turning to brown all sides evenly. When meat is browned, sprinkle over
1 teaspoon salt
Cover and cook slowly about 1½ hrs., or until meat is tender when pierced with a fork. During cooking, add a small amount of
Water
When meat is tender, remove to a heated platter and carefully remove skewers.

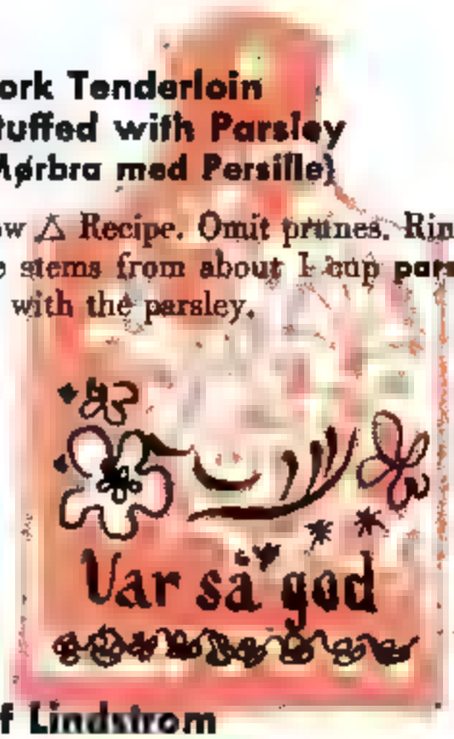
For Gravy—Leaving brown residue in pan, pour into a bowl
Drippings
Allow fat to rise to surface; skim off fat and reserve. Remaining drippings are meat juices which should be used as part of the liquid in making gravy.

Measure into roasting pan
3 tablespoons fat
Blend in until smooth
3 tablespoons flour
¼ teaspoon salt
⅛ teaspoon pepper
Stirring constantly, heat until mixture bubbles. Remove from heat and slowly blend in, stirring constantly and vigorously
1½ cups milk
½ cup drippings
Return to heat and cook rapidly, stirring constantly, until sauce thickens. Cook 1 to 2 min. While stirring, scrape bottom and sides of pan to blend in brown residue.

Serve gravy with the meat. *4 servings*

—Pork Tenderloin Stuffed with Parsley (Mørbra med Persille)

Follow △ Recipe. Omit prunes. Rinse and remove stems from about 1 cup **parsley.** Stuff meat with the parsley.



Beef Lindstrom (Biff à la Lindstrom)

Wash and scrub with a vegetable brush
3 medium-size potatoes (about 1 lb.)
Cook (page 33) 20 to 25 min., or until potatoes are tender when pierced with a fork.

Meanwhile, finely dice enough pickled beets to yield
½ cup finely diced Pickled Beets (page 15)
Mix together in a bowl
1½ lbs. beef, ground twice
2 egg yolks, beaten
¼ cup cream
2 tablespoons chopped onion
1 tablespoon capers
and a mixture of
1 teaspoon salt
½ teaspoon monosodium glutamate
¼ teaspoon pepper
Drain the potatoes. To dry potatoes, shake over low heat. Peel potatoes and set aside to cool. When potatoes are cooled, finely dice and blend into the meat mixture with the beets. Chill in refrigerator 1 to 2 hrs. to allow flavors to blend thoroughly.

Shape the meat mixture into patties about ¾ in. thick.

Heat in a heavy skillet
3 tablespoons butter
Put the meat patties in the skillet and cook over medium heat until brown on one side. Turn and brown other side. Allow 10 to 15 min. for cooking patties.

Serve immediately. *6 to 8 servings*

Stuffed Cabbage Rolls
(Kåldolmar)

Set out a large sauce pot or kettle having a tight-fitting cover.

For Cabbage—Remove and discard wilted outer leaves, rinse and cut core from

1 large head (3 to 3½ lbs.) cabbage

Put cabbage in the sauce pot or kettle and add

Boiling water to cover
1 teaspoon salt

Cover and simmer about 5 min., or until leaves are softened. Carefully separate cabbage leaves and set aside on absorbent paper to drain.

For Filling—Mix together lightly in a bowl

1 lb. veal, ground four times
1 lb. beef, ground four times
1¼ cups milk
⅔ cup fine, dry bread crumbs
4 teaspoons grated onion
2½ teaspoons salt
1 teaspoon nutmeg

For Cabbage Rolls—Place a small cabbage leaf in the center of a large leaf. Drop about ¼ cup of the meat mixture onto the center of each small leaf. (Meat mixture will drop more readily from a moist spoon or cup.) Roll each leaf, tucking ends in toward center. Fasten securely with wooden picks or tie with clean string.

Bring to boiling in the sauce pot or kettle

Water to cover
Salt (1 teaspoon per quart of water)

Add the cabbage rolls one at a time so that water continues to boil. Reduce heat, cover and cook 20 min., or until tender. Carefully remove rolls with a slotted spoon. Remove wooden picks or string. Place rolls in a serving dish and serve with Cream Gravy.

For Cream Gravy—Heat in a saucepan over low heat

3 tablespoons butter

Blend in

3 tablespoons flour
¾ teaspoon salt
½ teaspoon cardamom

Heat until mixture bubbles. Remove from heat. Add gradually, while stirring constantly

2 cups milk

Return to heat and bring rapidly to boiling, stirring constantly. Cook 1 to 2 min. longer.

15 cabbage rolls

Stuffed Cabbage Rolls

Lamb in Cabbage
(Faar I Kaal)

Wipe with a clean, damp cloth and cut into 1-in. cubes

1½ lbs. shoulder lamb

Put into a large saucepan having a tight-fitting cover. Add

3 cups water

Cook over medium heat 20 to 30 min., or until just tender.

Meanwhile, remove and discard wilted outer leaves, rinse and cut into 1-in. pieces (discarding core)

1 head (about 2 lbs.) cabbage

When meat is just tender, drain, reserving liquid. Put one-half cabbage into saucepan.

Set out a mixture of

3 tablespoons flour
1½ teaspoons salt
1½ teaspoons peppercorns

Sprinkle one-half of mixture over cabbage. Put the meat into the saucepan in an even layer over the cabbage. Add the remaining cabbage and sprinkle remaining half of flour mixture over all. Pour over cabbage 2⅓ cups of the reserved liquid. Cover and cook over low heat about 1½ hrs., or until meat and cabbage are very tender.

Serve immediately. *6 servings*

Lamb with Dill
(Dillkött Lamm)

For Lamb—Wipe with a clean, damp cloth

3 lbs. lamb shoulder

Put lamb into a Dutch oven or a large, heavy sauce pot having a tight-fitting cover. Add

2 qts. water
1 tablespoon salt
Few sprigs fresh dill or 1 teaspoon dill seed

Bring to boiling. Skim foam from liquid, reduce heat, cover and simmer slowly 1 to 1½ hrs., or until lamb is tender.

When meat is tender, remove to a warm serving platter and allow to stand 20 to 30 min. before carving.

For Sauce—Prepare

1 cup Medium White Sauce (page 37; substitute 1 cup lamb broth for the milk)

Remove sauce from heat and stir in

2 tablespoons vinegar
2 teaspoons sugar
2 tablespoons finely chopped fresh dill or ½ teaspoon ground dill seed

Vigorously stir about 3 tablespoons of the hot mixture into

1 egg yolk, slightly beaten

Blend into sauce and immediately place over simmering water. Cook 3 to 5 min.

When ready to serve, slice lamb thinly and garnish with

Sprigs of dill

Serve with the sauce. *6 servings*

Fish au Gratin
(Fiskgratin)

Classic in its simplicity and popular everywhere.

Butter a shallow 1½-qt. baking dish.

Wipe with a clean, damp cloth

1½ lbs. fish fillets (cod, haddock, flounder or pike)

(If using frozen fish fillets, thaw according to directions on package.) Put fillets into the baking dish and sprinkle with

1 teaspoon salt
½ teaspoon pepper
3 tablespoons lemon juice

Dot with

1 tablespoon butter

Cover baking dish with aluminum foil or parchment paper and bake at 350°F 20 to 25 min., or until fish flakes (page 5).

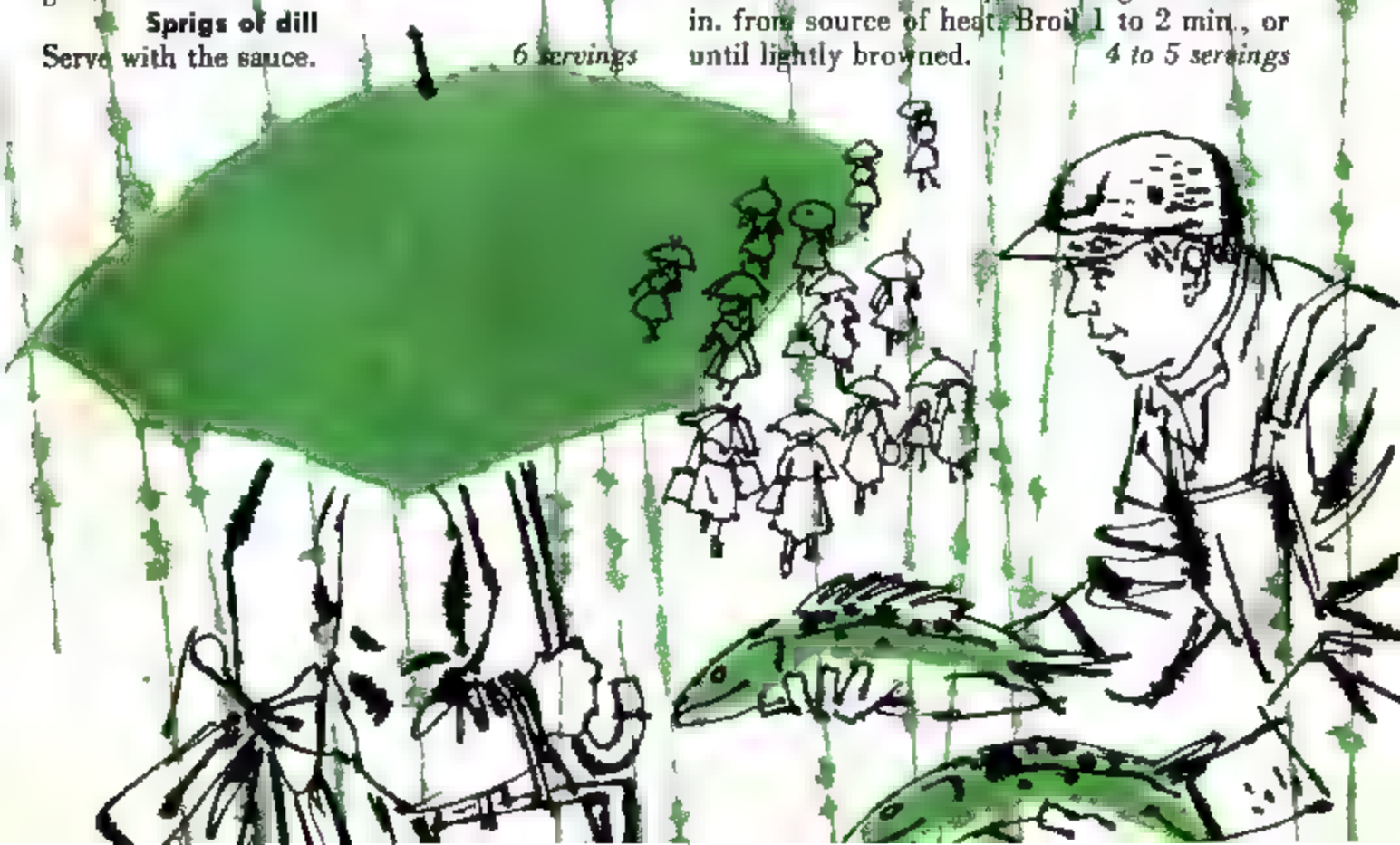
Meanwhile, prepare and keep hot

2 cups Medium White Sauce (double recipe, page 37; use cream for liquid; after cooking sauce, remove from heat and blend in until smooth 2 egg yolks, slightly beaten, and 2 tablespoons butter)

Remove fish from oven and drain off any excess liquid. Pour the sauce over the fish and sprinkle with

2 tablespoons grated cheese

Set temperature control of range at Broil. Place baking dish on broiler rack. Place broiler rack in broiler with top of baking dish 4 to 5 in. from source of heat. Broil 1 to 2 min., or until lightly browned. *4 to 5 servings*



Finnan Haddie
(Röket Kolje)

Wipe with a clean, damp cloth

2 lbs. finnan haddie (smoked haddock)

Put fish on a length of cheesecloth and tie ends securely. Lower fish into a large sauce pot or kettle and add

3 qts. water
2 teaspoons salt

Bring to boiling. Reduce heat and simmer 10 to 15 min., or until fish flakes (page 5).

Meanwhile, hard-cook (page 5)

2 eggs

Chop one of the peeled eggs finely and set aside. Cut the other peeled egg into slices crosswise and set aside.

When fish flakes, carefully lift from the sauce pot or kettle. Remove the cheesecloth and lift fish onto a warm serving platter.

Melt over low heat

¼ cup butter

Remove from heat; add the finely chopped egg and pour over the fish. Garnish with the egg slices and

Sprigs of parsley
Lemon wedges

6 servings

Perch with Parsley and Dill
(Abbore)

Dill comes from an old Norse word meaning "to lull." But here it adds a lively touch to fish.

Butter a 1½-qt. baking dish.

Wipe with a clean, damp cloth

8 medium-size perch, dressed (page 4)

Season fish with a mixture of

1 teaspoon salt
½ teaspoon pepper

Cover bottom of baking dish evenly with

¼ cup finely chopped parsley

Arrange the fish in the baking dish. Top with

2 tablespoons finely chopped parsley
2 tablespoons chopped fresh dill
or 1 teaspoon dill seed

Pour around the fish

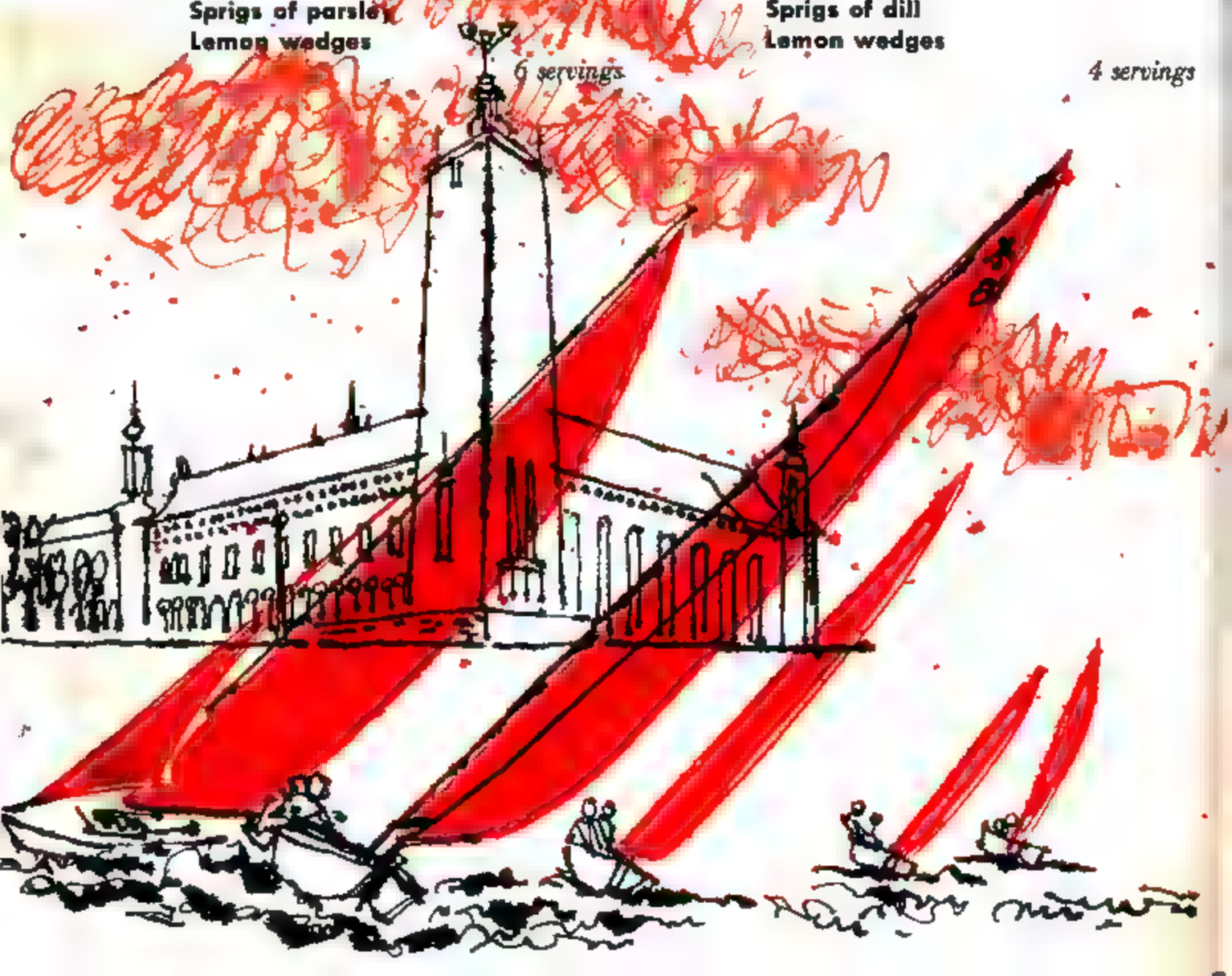
¼ cup hot water

Bake at 350°F 20 to 25 min., or until fish flakes (page 5).

Carefully transfer fish to a warm serving platter and garnish with

Sprigs of parsley
Sprigs of dill
Lemon wedges

4 servings



Fish Pudding
(Fiskepudding)

Butter a 1-qt. casserole. Heat water for boiling water bath (page 5).

Wipe with a clean, damp cloth
2 lbs. fish fillets (haddock, cod)
Force fish through the medium blade of a food chopper.

Mix in
2 teaspoons salt
½ teaspoon pepper
⅛ teaspoon nutmeg
Blend together to form a smooth paste
1½ tablespoons cornstarch
2 tablespoons water
Add gradually, stirring in
1 cup cream
Blend with fish mixture. Turn into casserole.

Bake in boiling water bath at 350°F 40 to 50 min., or until a silver knife comes out clean when inserted halfway between center and edge of casserole.

Serve with
Mushroom Sauce (page 37)
6 servings

Creamed Shrimp and Lobster over Cauliflower
(Hummer og Reker i Hvit Saus over Blomkaal)

Drain, reserving liquids separately, contents of
1 6-oz. can (about 1 cup) lobster meat
1 5-oz. can (about 1 cup) shrimp
Remove any bony tissue from the lobster and cut lobster into pieces. Cut the shrimp into halves lengthwise. Set aside.

Prepare, soak and cook (page 33)
1 medium-size head cauliflower
Meanwhile, prepare
1 cup Medium White Sauce (page 37)
Stir into the sauce the shrimp, lobster and
3 tablespoons reserved lobster liquid
1 tablespoon reserved shrimp liquid
Cook over medium heat until mixture is thoroughly heated.

Drain cauliflower and put into a serving bowl. Pour the sauce over the cauliflower and serve immediately. *4 to 5 servings*

Baked Kippers

Baked Kippers
(Bakt Nedlagt Röket Sild)

Butter a 2-qt. casserole. Heat water for boiling water bath (page 5).

Wash, pare and cut into ¼-in. slices
4 medium-size (about 1¼ lbs.) potatoes
Cook (page 33) about 10 min., or until potatoes are partially tender. Drain and set aside.

Clean (page 5) and cut into ¼-in. slices
2 medium-size onions
Drain on absorbent paper, contents of
4 3¼-oz. cans Norway kippers
Cover bottom of casserole with a layer of the partially cooked potatoes. Brush with
3 tablespoons melted butter
Cover with a layer of the onion slices. Top onions with a layer of kippers. Repeat layers of potatoes, onions and kippers.

Beat slightly
4 eggs
Add gradually, stirring constantly
2 cups milk
1 teaspoon salt
¼ teaspoon pepper
Pour over the fish in the casserole.

Bake in boiling water bath at 350°F 40 min., or until a silver knife comes out clean when inserted halfway between center and edge of casserole.

Garnish with sprigs of **parsley** and serve immediately. *6 to 8 servings*

Creamed Kippers and Mushrooms

Creamed Kippers and Mushrooms
(Nedlagt Röket Sild med Champineon i Hvit Saus)

Drain on absorbent paper, contents of
4 3¼-oz. cans Norway kippers
Cut into 1-in. pieces and set aside

Prepare
3 cups Mushroom Sauce (three times recipe, page 37)
Add the kippers and heat thoroughly.

Turn into a warm serving dish or casserole and garnish with
Sprigs of parsley
Serve with
Toast triangles

6 servings

Creamed Bacon and Onion
(Bonddoppa)

▲ *Base Recipe*

Clean (page 5) and dice
2 large onions (about 2 cups, diced)
Cut into 1-in. pieces
½ lb. bacon
Put the bacon and onion into a skillet. Cook over medium heat, moving and turning frequently with a spoon until onion is golden brown and bacon is evenly crisped and browned. Pour off excess fat as it collects.

Meanwhile, put into a screw-top jar
2 cups milk
Sprinkle evenly over milk
3 tablespoons flour
½ teaspoon salt
⅛ teaspoon pepper
Cover jar tightly; shake until well blended.

When bacon and onion are done, remove skillet from heat. Stirring constantly, slowly pour the milk-flour mixture into the skillet. Return to heat and bring to boiling. Reduce heat and simmer 3 to 5 min., keeping mixture moving gently with a spoon.

Serve over
Boiled potatoes (page 33)

4 servings

—Creamed Salt Pork and Onion
(Grøn Salted Flask)

Follow △ Recipe. Substitute ½ lb. **salt pork,** diced, for the bacon.

Roast Goose
(Stekt Gås)

A traditional dinner for St. Martin's Day, November 11, in southern Sweden. It is usually served with red cabbage and browned potatoes.

Set out a shallow roasting pan with rack.

Put into a large saucepan
½ lb. prunes
3 cups water
Bring to boiling; reduce heat and simmer about 20 min., or until prunes are partially tender. Drain prunes and remove pits. Set aside to cool.

Meanwhile, clean and remove any layers of fat from body cavity and opening of
1 goose, 10 to 12 lbs., ready-to-cook weight
Cut off neck at body leaving on neck skin. (If goose is frozen, thaw according to directions on package.) Rinse and pat dry with absorbent paper. (Reserve giblets for use in other food preparation.)

Rub cavities of goose with
Salt
Wash, pare, quarter, and core
6 medium-size (about 2 lbs.) apples
Lightly fill body and neck cavities with the apples and prunes. To close body cavity, sew or skewer and lace with cord. Fasten neck skin

to back with skewer. Loop cord around legs and tighten slightly. Place breast-side down on rack in roasting pan.

Roast uncovered at 325°F 3 hrs. Remove fat from pan as it accumulates during this period. Turn goose breast-side up. Roast 1 to 2 hrs. longer, or until goose tests done. To test for doneness, move leg gently by grasping end of bone; drumstick-thigh joint should move easily. (Protect fingers with paper napkin.) Allow about 25 min. per pound for total roasting time.

To serve, remove skewers and cord. Place goose on heated platter. Remove some of the apples and prunes from the goose and arrange on the platter. *8 servings*

Soufflé with Mushroom Sauce (Svamp Omelett)

▲ *Base Recipe*

For Soufflé—Set out a 1½-qt. casserole; do not grease. (If necessary, a 1-qt. casserole with straight sides may be used; fold a 2-ft. piece of waxed paper in half lengthwise. Place waxed paper around casserole, cut-side down, overlapping ends of waxed paper. Secure waxed paper around casserole by tying with a string.)

Prepare

2 cups Thick White Sauce (double recipe, page 37)

Beat until thick and lemon-colored

4 egg yolks

Slowly spoon 1 cup of the sauce into egg yolks, while stirring vigorously. Cool to lukewarm. Set remaining white sauce aside.

Beat until rounded peaks are formed and egg whites do not slide when the bowl is partially inverted.

4 egg whites

Gently spread sauce over beaten egg whites. Carefully fold (page 5) together until just blended. Turn mixture into casserole. Insert the tip of a spoon 1 in. deep in casserole, 1 to 1½ in. from edge; with spoon run a line around mixture to form a circle.

Bake at 325°F about 45 to 50 min., or until a silver knife comes out clean when inserted halfway between edge and center of casserole.

For Sauce—Add to the reserved white sauce, stirring in until blended

½ cup milk

Set aside.

Clean and finely chop (page 5)

½ lb. mushrooms

1 medium-size onion (about ¼ cup, finely chopped)

Heat in a skillet

2 tablespoons butter

Add the mushrooms and onion to the skillet. Cook over medium heat until onion is transparent and mushrooms are lightly browned and tender; with a spoon, move and turn frequently. Add to the white sauce, mixing in thoroughly.

Cook over low heat until thoroughly heated.

Serve soufflé immediately with the mushroom sauce. *6 servings*

—Soufflé with Asparagus Sauce (Asparges Omelett)

Follow △ Recipe. Substitute **asparagus** for the mushrooms. Clean, cut into pieces, and cook (page 33) 1½ lbs. asparagus. Drain asparagus. Mix into sauce with cooked onion.

—Soufflé with Spinach Sauce (Spenat Omelett)

Follow △ Recipe. Substitute **spinach** for the mushrooms. Clean and cook (page 33) 2 lbs. spinach. Drain spinach and chop. Mix into sauce with cooked onion.

Bacon Pancake
(Ugnspannkaka)

This is a kind of all-in-one pancake, baked in a way that is probably unfamiliar to many American homemakers. The recipe is Swedish and the pancake is usually served as a main dish.

Sift together and set aside
1 cup sifted flour
1 tablespoon sugar
½ teaspoon salt

Blend together
2 eggs, slightly beaten
2 cups milk

Gradually add the milk mixture to the dry ingredients, stirring until well blended. Set aside about 1 hr.

Grease well an 11x7x1½-in. baking dish.

Dice and pan broil (page 5)
½ lb. bacon

Add the bacon to the batter and stir until blended. Pour into the baking dish.

Bake at 400°F 40 to 45 min., or until mixture is browned.

Cut into squares and serve with
Lingonberry preserves

6 servings

Swedish Potato Dumplings
(Kroppkakor)

▲ *Base Recipe*

Wash, pare and cook (page 33)
6 medium-size (about 2 lbs.) potatoes, cut in halves

Cook about 20 min., or until potatoes are tender when pierced with a fork. Drain.

To dry potatoes, shake pan over low heat. Mash or rice potatoes thoroughly. Whip in until potatoes are fluffy.
1 egg yolk, slightly beaten
1½ teaspoons salt

Set potatoes aside.

Cut into cubes or 1-in. pieces
¾ lb. lean salt pork, bacon, or ham

Put into a skillet with
1 medium-size onion, chopped (page 5)

Cook over medium heat, moving and turning with a spoon. Pour off fat as it collects. When meat is evenly crisped and browned and onion is golden brown, remove from skillet and drain on absorbent paper.

Measure
2 to 3 cups sifted flour

Add about one-half the flour to the potato mixture, blending thoroughly. Add enough remaining flour to make a soft dough.

Turn out on a floured surface and knead as for bread dough (page 6). Using hands, pat out dough ½ in. thick. Cut into 2-in. rounds using a lightly floured 2-in. round biscuit cutter. Spoon about 2 teaspoons of the bacon-onion mixture into the center of one half the rounds. Cover with the other rounds. Seal edges securely and shape into balls.

Bring to boiling in a large heavy saucepan
2 qts. water
2 teaspoons salt
Gradually add dumplings to boiling water so that boiling does not stop. Cook only as many dumplings at one time as will float, uncrowded, one layer deep. Cook 15 min. Remove with a slotted spoon; drain over water a few seconds.

Put into a warm serving dish and serve with
Melted butter

About 2 doz. dumplings

—Fried Potato Dumplings (Stekt Kroppkakor)

Follow △ Recipe or use leftover dumplings. Heat in a skillet 3 tablespoons **butter.** Add the dumplings and cook over medium heat until browned, moving and turning with a spoon to brown evenly.

HOW TO COOK VEGETABLES

Wash fresh vegetables, but do not soak them in water for any length of time. If they are wilted, put them in cold water for a few minutes. Cauliflower, broccoli, artichokes and Brussels sprouts must be soaked 20 to 30 min. in salted water before they are cooked to remove small insects and dust which settle in them. To prepare taste-tempting vegetables and to retain their abundant minerals and vitamins, cook them carefully and quickly.

BAKING—Bake such vegetables as potatoes, tomatoes and squash without removing skins. Pare vegetables for oven dishes, following directions given with recipes.

BOILING—Have water boiling rapidly before adding vegetables. Add salt at beginning of cooking period (¼ teaspoon per cup of water). After adding vegetables, again bring water to boiling as quickly as possible. If more water is needed, add boiling water. Boil at a moderate rate and cook vegetables until just tender.

In general, cook vegetables in a covered pan, in the smallest amount of water possible and in the shortest time possible. Exceptions for amounts of water or for covering are:

Potatoes—cooked in water to cover.

Green Vegetables (peas, green or lima beans)—loosely covered.

Spinach—partially covered pan with only the water which clings to leaves after final washing.

Asparagus—arranged in tied bundles with stalks standing in a small, deep pan containing at least 2 in. of boiling water—pan loosely covered.

Broccoli—tied, stalks (over ½ in. thick, split lengthwise) standing in a deep pan containing boiling water up to the flowerets—pan loosely covered.

Strong-flavored Vegetables (cauliflower, mature cabbage and Brussels sprouts)—cooked loosely covered in a large amount of water. To restore color of red cabbage, add a small amount of vinegar at end of cooking period, just before draining.

A desirable boiled vegetable is free from excess water, retains its original color and is well seasoned. Pieces are uniform and attractive.

BROILING—Follow directions with recipes.

FRYING and DEEP-FRYING—Follow directions with specific recipes.

PANNING—Finely shred or slice vegetables. Cook slowly until just tender in a small amount of fat, in a covered, heavy pan. Occasionally move with spoon to prevent sticking and burning.

STEAMING—Cooking in a pressure saucepan is a form of steaming. Follow directions given with saucepan because overcooking may occur in a matter of seconds.

Note: Some saucepans having tight-fitting covers may lend themselves to steaming vegetables in as little as 1 teaspoon water, no water or a small amount of butter or shortening.

CANNED VEGETABLES—Heat to boiling in liquid from the can.

HOME-CANNED VEGETABLES—Boil 10 min. (not required for tomatoes or sauerkraut).

DRIED (dehydrated) VEGETABLES—Soak and cook as directed in specific recipes.

FROZEN VEGETABLES—Do not thaw before cooking (thaw corn on cob and partially thaw spinach). Break frozen block apart with fork during cooking. Cook in as little boiling salted water as possible. Follow directions on package

Sweet-Sour Red Cabbage
(Rödkål)

Set out a heavy 3-qt. saucepan.

Remove and discard wilted outer leaves from
1 head (about 2 lbs.) red cabbage
Rinse, cut into quarters (discarding core), and coarsely shred (about 2 qts., shredded). Put cabbage into the saucepan and add
Boiling salted water to cover (1 teaspoon salt per quart of water)
⅓ to ½ cup firmly packed brown sugar
1 tablespoon caraway seed
Cook (page 33) 8 to 12 min., or until cabbage is just tender. Remove from heat and drain.

Add to cabbage
½ cup vinegar
¼ cup butter
Toss together lightly to mix.

Serve immediately. *6 servings*

Brown Beans
(Bruna Bönor)

A favorite Swedish dish, this recipe is prized for its interesting flavor. Brown beans are frequently included in the smörgåsbord.

Heat to boiling in a large, heavy saucepan having a tight-fitting cover
1½ qts. water
Meanwhile, wash and sort
2⅓ cups (about 1 lb.) brown beans or kidney beans

Add beans gradually to water so boiling will not stop. Reduce heat, cover and simmer 2 min. Remove saucepan from heat and set the beans aside for 1 hr.

Return saucepan to heat, cover and simmer about 1¾ hrs., stirring once or twice, until beans are tender. If necessary, add hot water to keep beans covered with liquid.

When beans are tender, add to the saucepan
1 cup dark corn sirup
¼ cup cider vinegar
1 tablespoon salt
Blend thoroughly and cook uncovered over medium heat 45 min., or until sauce has thickened.

Serve hot with fried salt pork or
Swedish Meat Balls (page 12)
6 servings

Sweet-Sour Beets
(Sursöte Rödbeter)

Caraway seeds give an unexpected accent of flavor to this Norwegian version of beets.

Leaving on 1- to 2-in. stem and root end, cut off leaves from
2 lbs. (about 10) medium-size beets
Scrub beets thoroughly. Cook (page 33) in water to cover 30 to 45 min., or until tender.

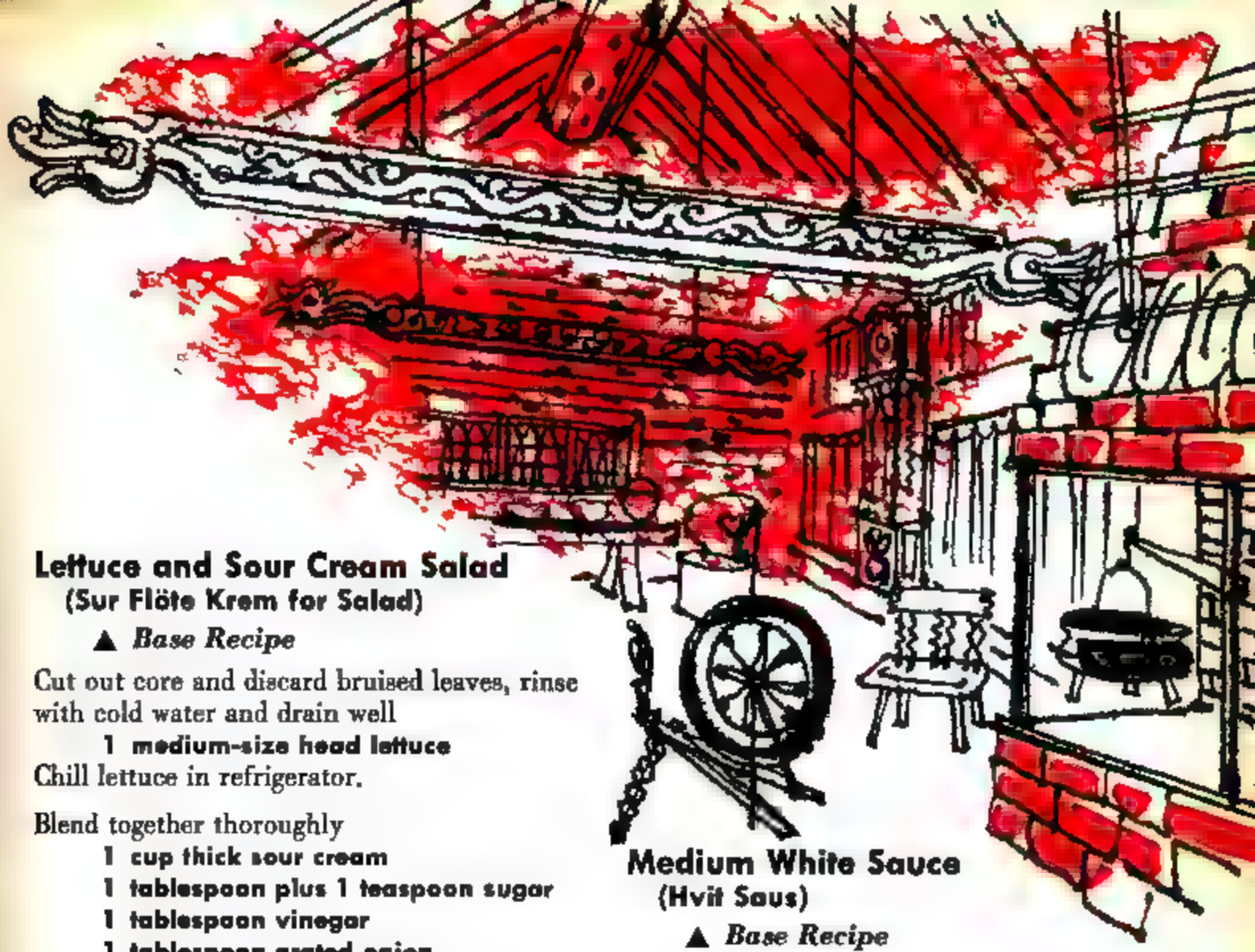
When beets are tender, drain and reserve liquid in a measuring cup. Plunge beets into running cold water. Peel off and discard skin, stem and root end from beets. Cut beets into thin slices and set aside.

Meanwhile, mix in a saucepan
2 cups reserved beet liquid
¼ cup vinegar
¼ cup sugar
1 teaspoon salt
½ teaspoon caraway seeds
10 whole cloves
8 drops red food coloring
Blend together to form a smooth paste
1 tablespoon cornstarch
¼ cup water
Blend into the mixture in the saucepan. Bring rapidly to boiling. Reduce heat and cook 3 to 5 min., or until thickened. Add the sliced beets and cook until heated thoroughly.

Serve hot or cold. *6 servings*

IDENTIFICATION OF FOODS IN CENTER COLOR PHOTO

Top Row (left to right): **Macaroni Salad** (page 17); assorted cheeses; **Rolled Fish Fillets** (page 9)
Center Row: **Stuffed Eggs** (page 15); **Smoked Beef Tongue** (page 13); **Cabbage Salad** (page 16); **Tomato Aspic Squares** (page 18)
Bottom Row: **Jewel Mold** (page 17); **Pickled Herring** (page 8); **Tomato Aspic-Cream Cheese Salad Ring** (page 18); smoked [illegible]



Lettuce and Sour Cream Salad
(Sur Flöte Krem for Salad)

▲ *Base Recipe*

Cut out core and discard bruised leaves, rinse with cold water and drain well

1 medium-size head lettuce

Chill lettuce in refrigerator.

Blend together thoroughly

1 cup thick sour cream
1 tablespoon plus 1 teaspoon sugar
1 tablespoon vinegar
1 tablespoon grated onion
2 teaspoons prepared horse-radish
1 teaspoon salt

Chill thoroughly in refrigerator.

When ready to serve, tear lettuce into bite-size pieces and put into a bowl. Spoon the sour cream mixture over the lettuce and toss lightly to coat thoroughly. Sprinkle around outer edge of salad

Finely chopped parsley

Sprinkle center of salad with

Paprika

Serve immediately. *6 servings*

—Lettuce and Whipped Cream Salad
(Piska Flöta med Salat Blador)

Follow △ Recipe. Omit sour cream mixture. Put a bowl, beater and 1½ cups **whipping cream** into the refrigerator to chill. When ready to serve salad, beat the cream, using the chilled bowl and beater until it is of medium consistency (piles softly). Beat in with final few strokes 3 tablespoons **sugar** and ¼ teaspoon **salt.** Gently stir in 1 tablespoon **vinegar.** Omit paprika.

Medium White Sauce
(Hvit Saus)

▲ *Base Recipe*

Heat in a saucepan over low heat

2 tablespoons butter

Blend in

2 tablespoons flour
¼ teaspoon salt
¼ teaspoon monosodium glutamate
Few grains pepper

Heat until mixture bubbles. Remove from heat. Add gradually, stirring in

1 cup milk

Cook rapidly, stirring constantly, until sauce thickens. Cook 1 to 2 min. longer.

About 1 cup sauce

—Thick White Sauce
(Tyk Hvit Saus)

Follow △ Recipe, using 3 to 4 tablespoons **flour** and 3 to 4 tablespoons **butter.**

—Mushroom Sauce
(Chompineon i Hvit Saus)

Follow △ Recipe. Clean and slice (page 5) ½ cup **mushrooms.** Heat 1 tablespoon **butter** in a skillet. Add the mushrooms and cook until lightly browned and tender. Mix with cooked white sauce.

Breads

Scandinavians hold undisputed claim to being the greatest coffee drinkers in the world, and with their coffee they like a bit of sweet. Scandinavian homemakers have created coffee cakes and breads that are unrivaled for excellence. The wonderful Danish pastries and Swedish breads are perfect accompaniments for coffee. Dark breads, once a principal staple of diet, always accompany smörgåsbord or soup and form the base for open-face sandwiches.

Danish Pastry
(Kaffekage)

Baking sheets will be needed.

Scald (page 5)
¾ cup plus 2 tablespoons milk
Meanwhile, soften
1 pkg. active dry yeast
in
¼ cup warm water, 110°F to 115°F (Or if using compressed yeast, soften 1 cake in ¼ cup lukewarm water, 80°F to 85°F.)
Let stand 5 to 10 min.

Put into a large bowl
¼ cup sugar
¼ cup butter
¼ teaspoon salt
Immediately pour scalded milk over ingredients in bowl. When lukewarm, blend in, beating until smooth
1 cup sifted flour
Stir softened yeast and add, mixing well.

Measure
2 to 2¼ cups sifted flour
Add about one-half the flour to the yeast mixture and beat until very smooth. Beat in
1 egg, well beaten
Beat in enough remaining flour to make a soft dough. Cover with waxed paper and a towel and let stand in a warm place (about 80°F) until doubled.

Meanwhile, put into a bowl
½ cup butter
½ cup sugar
Set aside.

Set out
½ cup butter, cut in pieces
Turn dough onto a lightly floured surface. Roll into a rectangle 18x13 in. Using one-third of the butter, cut in pieces, pat pieces down center third of dough. Cover butter with right-hand third of dough. Fold left-hand third of dough under butter section. With rolling pin gently press down and seal open edges. Wrap in waxed paper. Chill in refrigerator 20 to 30 min.

Remove from refrigerator and place on board with butter section near top, narrow width toward you. Turn folded dough one-quarter way around, to have open-under edge away from you. Roll to original size. Repeat two times the procedure for folding, sealing and chilling, using second and third portions of butter. Always place dough on floured surface.

Set out baking sheets.

After final chilling, roll dough to original size. Cut into 3-in. squares. Stir the sugar-butter mixture until blended. Place about 1½ teaspoons of the mixture in the center of each square. Fold the opposite corners in to center and press ends to seal. Place on the baking sheets. Cover with waxed paper and a towel. Let rise in a warm place until nearly doubled.

Bake at 450°F 8 to 10 min.

Meanwhile, blend together

½ cup sifted confectioners' sugar
1 tablespoon milk

When pastries are done, remove to cooling racks. Drizzle frosting over warm pastries. If desired, **preserves** may be substituted for the butter-sugar filling. *2 doz. pastries*

Filled Coffee Cake (Kringle)

A delicious Danish creation.

Baking sheets will be needed.

Measure

¼ cup sifted flour

Cut in with pastry blender or two knives until well blended

¾ cup butter

Shape mixture into a ball and place on a long length of waxed paper. Cover with another long length of waxed paper and roll into a rectangle 10x4 in. Chill in refrigerator.

Meanwhile, soften

1 pkg. active dry yeast

in

¼ cup warm water, 110°F to 115°F (Or if using compressed yeast, soften 1 cake in ¼ cup lukewarm water, 80°F to 85°F.)

Let stand 5 to 10 min.

Beat until thick and piled softly

1 egg

Stir in until sugar is dissolved

¾ cup milk
3 tablespoons sugar
1 teaspoon salt

Blend in, beating until smooth

1 cup sifted flour

Stir softened yeast and add, mixing well.

Measure

2 cups sifted flour

Add about one-half the flour to the yeast mixture and beat until very smooth. Then beat in enough remaining flour to make a dough which leaves sides of bowl. Turn dough onto a lightly floured surface and roll into a 12-in. square.

Remove chilled flour-butter mixture from refrigerator, peel off waxed paper, and place in the center of the dough. Fold two sides of dough over flour-butter mixture so that sides overlap in center. Turn dough one-quarter way around and roll out again into a 12-in. square. Repeat the folding and rolling two more times, turning dough one-quarter way around each time. Wrap dough in waxed paper. Place in refrigerator to chill about 1 hr.

Meanwhile, bring to boiling

1½ cups water

Add, and again bring to boiling

1½ cups (about ½ lb.) golden raisins

Pour off water and drain raisins on absorbent paper. Set aside.

Cream together until butter is softened

¼ cup butter
1 teaspoon cardamom

Add gradually, creaming until well blended after each addition

2 cups sifted confectioners' sugar

Blend in until the mixture is of spreading consistency

2 to 3 tablespoons cream

Mix in the raisins and set aside.

Set out

⅓ cup finely chopped blanched almonds (page 4)

Lightly grease two baking sheets.

Remove chilled dough from refrigerator and roll into a rectangle 24x12 in. Cut lengthwise with a sharp knife into two strips, 24x6 in. Spread each strip with one-half of the raisin filling. Starting with the long side of dough, roll up each strip tightly and pinch long edge to seal. Carefully stretch dough into a roll 30-in. long, being careful not to break dough.

Transfer rolls to the greased baking sheets. Form into pretzel shape by overlapping ends so that they touch long side of roll. Gently flatten dough to ¼-in. thickness. Brush with

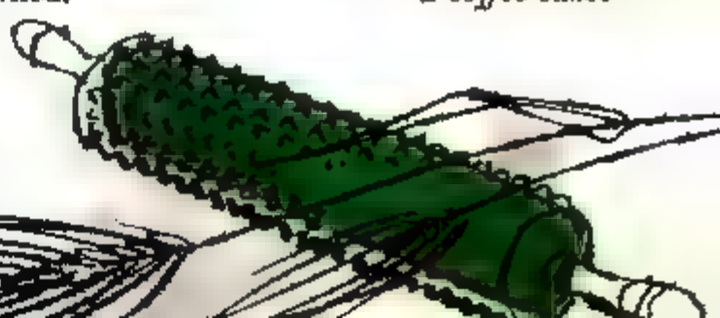
Egg, slightly beaten

Sprinkle with a mixture of the almonds and

⅓ cup sugar

Cover with waxed paper and a clean towel. Let rise in a warm place (about 80°F) until doubled.

Bake at 375°F 25 to 30 min., or until lightly browned. *2 coffee cakes*



Sweet Rye Bread I
(Limpa I)

▲ *Base Recipe*

A baking sheet will be needed.

Soften
1 pkg. active dry yeast
in
¼ cup warm water, 110°F to 115°F (Or if using compressed yeast, soften 1 cake in ¼ cup lukewarm water, 80°F to 85°F.)
Let stand 5 to 10 min.

Meanwhile, put into a large bowl
½ cup firmly packed brown sugar
⅓ cup molasses
1 tablespoon shortening
1 tablespoon salt
2 teaspoons caraway seed
½ teaspoon anise
Pour over ingredients in bowl and set aside until lukewarm
1½ cups hot water
When lukewarm, blend in, beating until smooth
1 cup sifted flour
Stir softened yeast and add, mixing well.

Measure
3 to 3½ cups sifted flour
2 cups rye flour
Add the rye flour and beat until very smooth. Then beat in enough remaining flour to make a soft dough. Turn dough onto a very lightly floured surface. Allow dough to rest 5 to 10 min. Knead (page 6). Form dough into a large ball and put into a greased, deep bowl. Turn to bring greased surface to top. Cover with waxed paper and a towel and let stand in warm place (about 80°F) until dough is doubled.

Punch down with fist; pull edges in to center, and turn dough completely over in bowl. Cover and let rise again until dough is nearly doubled.

Punch down dough and turn out on a lightly floured surface.

Grease the baking sheet.

Divide dough into two portions and shape into balls. Cover and allow to rest 5 to 10 min. Remove to greased baking sheet. Cover and let rise until dough is doubled.

Bake at 375°F 25 to 30 min., or until lightly browned.

Cool completely on cooling racks.

2 loaves rye bread

—Sweet Rye Bread II
(Limpa II)

Follow △ Recipe. Put 1 tablespoon grated **orange peel** (page 4) into the bowl with brown sugar.

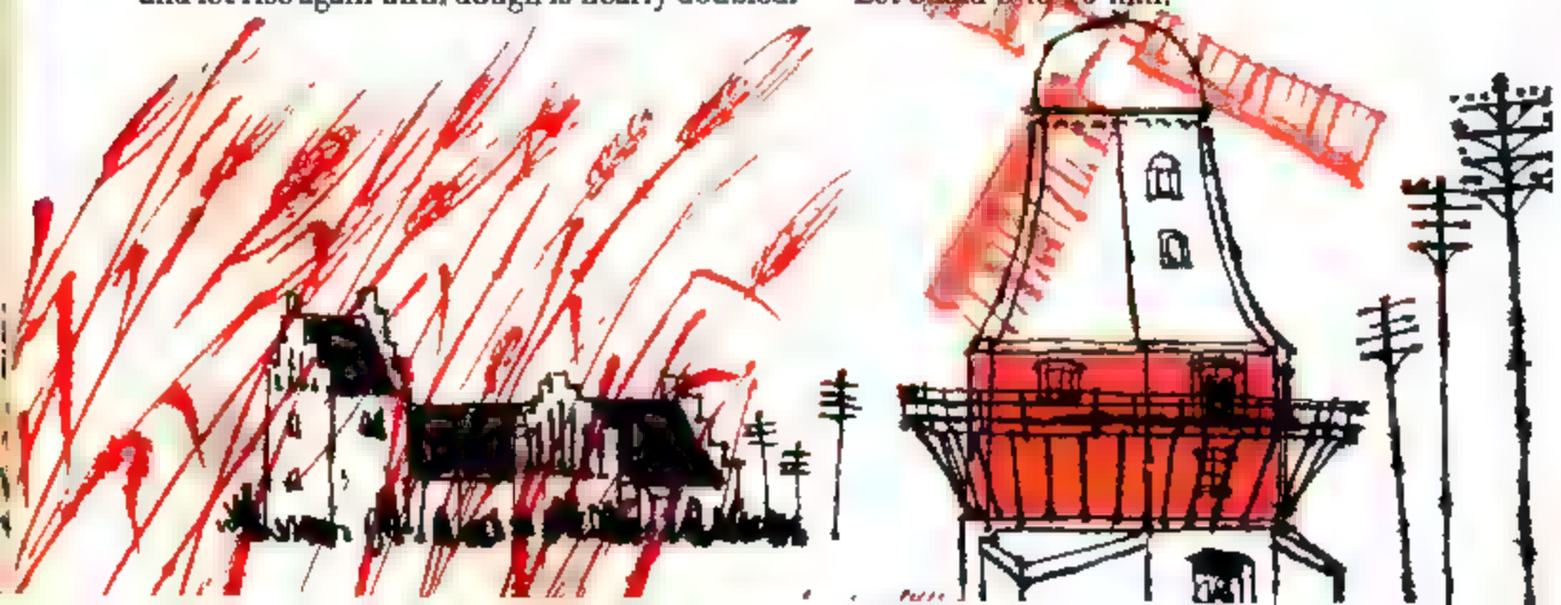
—Swedish Rye Bread
(Rågbröd)

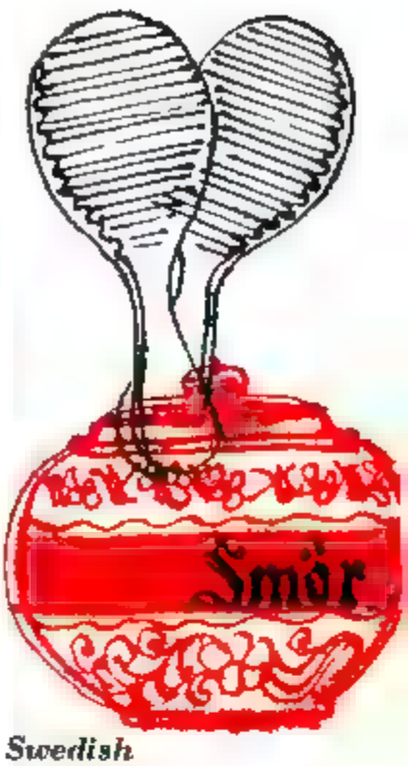
Follow △ Recipe. Decrease brown sugar to ¼ cup and molasses to ¼ cup.

Swedish Tea Ring
(Krans)

Baking sheets will be needed.

Scald (page 5)
1 cup milk or cream
Meanwhile, soften
1 pkg. active dry yeast
in
¼ cup warm water, 110°F to 115°F (Or if using compressed yeast, soften 1 cake in ¼ cup lukewarm water, 80°F to 85°F.)
Let stand 5 to 10 min.





Swedish Tea Ring

Put into a large bowl

½ cup sugar
1 teaspoon salt

Pour scalded milk over ingredients in bowl.

When lukewarm, blend in, beating until smooth

1 cup sifted flour

Stir softened yeast and add, mixing well.

Measure

4 cups sifted flour

Add about one-half the flour to the yeast mixture and beat until very smooth. Beat in

2 eggs, well beaten

Vigorously beat in, 2 to 3 tablespoons at a time

½ cup butter, softened

Beat in enough of the remaining flour to make a soft dough.

Turn dough onto a lightly floured surface. Allow dough to rest 5 to 10 min.

Knead (page 6). Form dough into a large ball and place it into a greased, deep bowl. Turn dough to bring greased surface to top. Cover with waxed paper and towel and let stand in warm place (about 80°F) until dough is doubled.

Punch down with fist; pull edges of dough in to center and turn dough completely over in bowl. Cover and let rise again until nearly doubled.

Punch down and turn dough out onto lightly floured surface. Divide into two balls. Roll each ball into a rectangle 18x9-in.

Spread each rectangle with one-half of

¼ cup butter, softened

Sprinkle each rectangle with one-half of a mixture of

¾ cup firmly packed light brown sugar
1½ tablespoons cinnamon
½ cup (about 2½ oz.) dark seedless raisins

Beginning with the longer side, roll dough tightly. Press edges to seal.

Lightly grease two baking sheets.

Place uncut roll, sealed edge down, on the greased baking sheet. Pull ends together to form a ring, pressing slightly to seal ends. With scissors, snip at 1-in. intervals through ring almost to center. Turn each cut section on its side. Repeat procedure for the second ring. Brush rings lightly with

Melted butter

Cover and let rise about 45 min., or until doubled.

Bake at 350°F 20 to 25 min.

Meanwhile, blend together (for frosting)

½ cup sifted confectioners' sugar
1 tablespoon milk
½ teaspoon vanilla extract

When tea rings are done, remove to cooling racks and frost while still warm.

2 tea rings

Coffee Bread
(Vetebröd)

▲ *Base Recipe*

Baking sheets will be needed.

Set out

½ cup finely chopped blanched almonds (page 4)

Scald (page 5)

1 cup milk or cream

Meanwhile, soften

1 pkg. active dry yeast

in

¼ cup warm water, 110°F to 115°F (Or if using compressed yeast, soften 1 cake in ¼ cup lukewarm water, 80°F to 85°F.)

Let stand 5 to 10 min.

Meanwhile, put into a large bowl

½ cup butter
⅓ cup sugar
1 teaspoon salt

Immediately pour scalded milk over ingredients in bowl. When lukewarm, blend in, beating until smooth

1 cup sifted flour

Stir softened yeast and add, mixing well.

Measure

2 to 2½ cups sifted flour

Add about one-half the flour to the yeast mixture and beat until very smooth.

Beat in

1 egg, well beaten

Then beat in enough remaining flour to make a soft dough. Turn dough onto a lightly floured surface and allow dough to rest 5 to 10 min. Knead (page 6). Form dough into a large ball and place it into a greased, deep bowl. Turn dough to bring greased surface to top. Cover with waxed paper and towel and let stand in warm place (about 80°F) until dough is doubled.

Punch down with fist; pull edges of dough in to center and turn dough completely over in bowl. Cover and let rise again until nearly doubled. Punch down and turn dough out onto lightly floured surface. Divide dough into two portions and shape into oblong loaves.

Lightly grease two baking sheets.

Place loaves onto baking sheets and brush with

Egg white, slightly beaten

Sprinkle each loaf with one half of a mixture of chopped almonds and

⅓ cup sugar

Cover and let rise about 45 min., or until dough is doubled.

Bake at 375°F 20 to 25 min.

Cool completely on cooling racks.

2 loaves Coffee Bread

—Cardamom Braid
(Kardemumma Fläta)

Follow △ Recipe. Add to ingredients in bowl 1 teaspoon **cardamom.** After second rising, divide dough into 6 equal portions. Roll each portion into a strip about 1 in. thick. Place 3 strips on each greased baking sheet and braid, tucking open ends under. Omit egg white and almond-sugar mixture. Cover and let rise about 45 min., or until doubled. Bake at 375°F about 25 min. or until lightly browned.

...gen.... Christmas again

Saffron Braid (Saffronsbröd)

Follow △ Recipe. Crumble very finely into a small cup enough saffron to yield 1 teaspoon **saffron.** Pour over the saffron 2 tablespoons boiling **water.** Stir and set aside to cool to lukewarm. Beat in with the egg. After second rising, divide dough into 6 equal portions. Roll each portion into a strip about 1-in. thick. Place 3 strips on each greased baking sheet and braid, tucking open ends under. Omit egg white and almond-sugar mixture. Cover and let rise about 45 min., or until doubled. Bake at 375°F about 25 min.

—Twists (Kringlor)

Follow △ Recipe. Add to ingredients in bowl 1 tablespoon grated **orange peel** (page 4). Instead of dividing dough for loaves, break off pieces of dough and roll with hands into strips about 5 in. long and ⅜ in. thick. Shape as in Christmas Rolls. Or hold one end of strip and coil strip around finger, tucking end under securely. Or coil ends of strips in opposite directions until coils are opposite each other. Or coil strips as in Christmas Rolls but do not place two strips together. Press one **currant** firmly into the center of each coil. Place rolls on greased baking sheets. Omit egg white and almond-sugar mixture. Cover and let rise until doubled. Bake at 375°F 10 to 15 min.

About 4 doz. rolls

—Christmas Rolls (Julebullar)

Part of the charming ceremony of St. Lucia Day, Julebullar are offered to family and guests on the morning of December 13, the day that marks the beginning of the Christmas holidays in Sweden. In each household one of the young daughters (or a young maid), dressed in traditional white robe, red girdle and stockings, and wearing a crown of evergreen leaves and lighted candles, brings saffron cakes and coffee to all the bedrooms of the house. She sings a traditional song outside the door, then enters and makes her ceremonial offering.

Follow △ Recipe. Instead of dividing dough for loaves, break off pieces of dough and roll with hands into strips 4 in. long and ½ in. thick. Coil each end in to center of strip. Place two coiled strips together so that coils are back to back. Or place two coiled strips at right angles, one on top of the other. Or shape strip into a half circle and coil ends in opposite directions. Press one **raisin** into the center of each coil. Place rolls on greased baking sheets. Omit egg white and almond-sugar mixture. Cover and let rise until doubled. Bake at 375°F about 15 to 20 min.

About 4 doz. rolls

Twists: Roll dough into strips 5 in. long and ⅜ in. thick. Make shapes by coiling the strips.

Press currants into centers of coils. Cover and let rise until doubled. Bake on greased baking sheet.

Lenten Buns
(Fastelavnsboller)

These delicious buns are served only on the Tuesdays during Lent. The buns are placed in deep dishes and hot milk flavored with sugar, vanilla extract, and chopped almonds is poured over them.

Baking sheets will be needed.

Set out

3 tablespoons chopped blanched almonds (page 4)

Scald (page 5)

1 cup milk

Meanwhile, soften

1 pkg. active dry yeast

in

¼ cup warm water, 110°F to 115°F (Or if using compressed yeast, soften 1 cake in ¼ cup lukewarm water, 80°F to 85°F.)

Let stand 5 to 10 min.

Meanwhile, put into a large bowl

½ cup butter
⅓ cup sugar
½ teaspoon salt

Immediately pour scalded milk over ingredients in bowl. When lukewarm, blend in, beating until smooth

1 cup sifted flour

Stir softened yeast and add, mixing well.

Measure

2½ to 3½ cups sifted flour

Add about one-half the flour to the yeast mixture with the chopped almonds. Beat until very smooth.

Beat in

2 eggs, well beaten

Then beat in enough remaining flour to make a soft dough. Turn dough onto a lightly floured surface and allow it to rest 5 to 10 min.

Knead (page 6). Form dough into a large ball and place it in a greased, deep bowl. Turn dough to bring greased surface to top. Cover with waxed paper and towel and let stand in warm place (about 80°F) until dough is doubled.

Punch down with fist; pull edges of dough in to center and turn dough completely over in bowl. Cover and let rise again until nearly doubled. Punch down and turn dough onto lightly floured surface.

Lightly grease the baking sheets.

Shape dough into 24 balls and place on the greased baking sheets. Cover and let rise about 45 min., or until doubled.

Bake at 425°F 15 to 20 min.

Cool buns completely on cooling racks.

Place a bowl and beater in refrigerator to chill.

Force through a sieve enough almond paste to yield

1½ cups sieved almond paste

When buns are cool, cut a triangle ¼ in. deep in the top of each. Carefully lift out triangular pieces. Spoon about 1 tablespoon of the almond paste into the cavity of each bun. Set pieces back on buns but without fitting to openings. Sprinkle buns lightly with

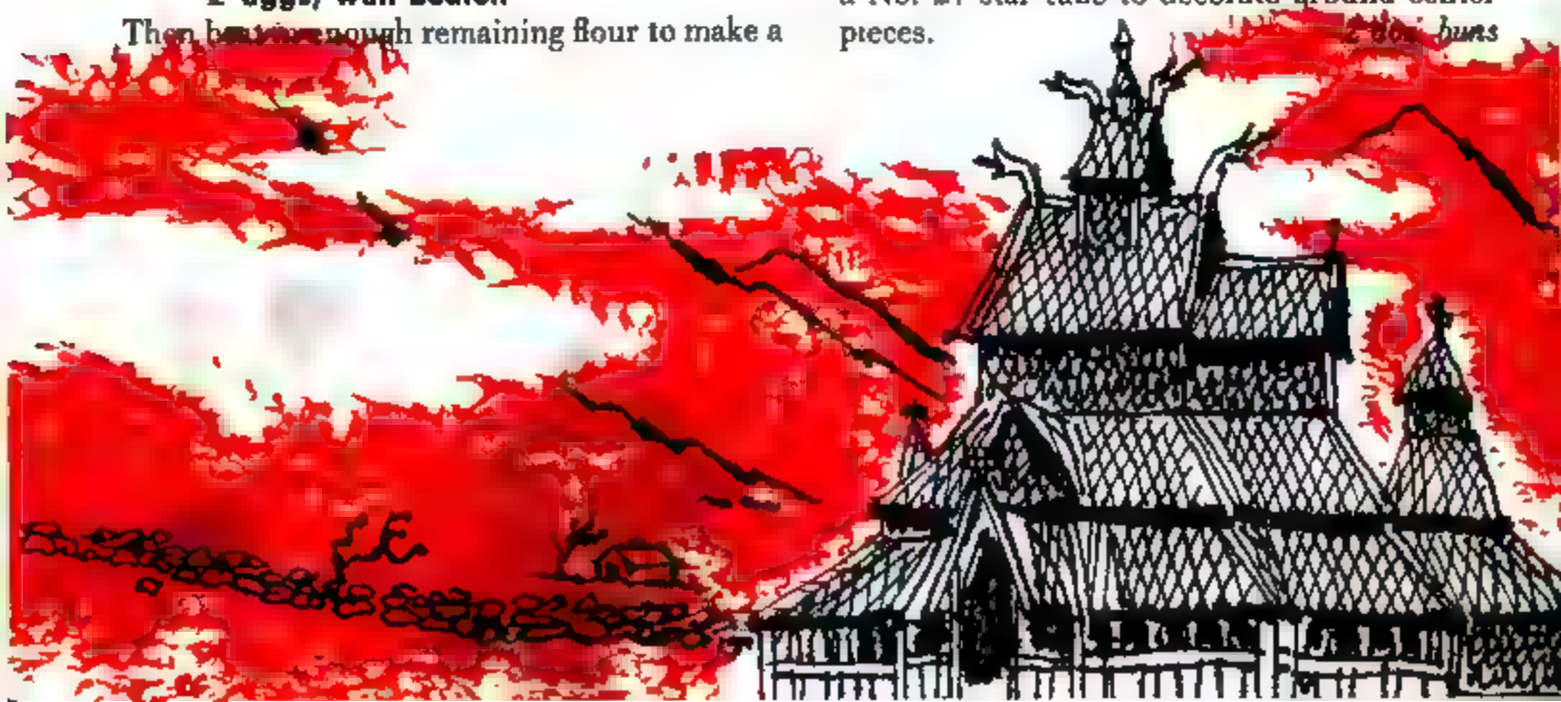
Vanilla Confectioners' Sugar (page 65)

Using the chilled bowl and beater, beat until cream stands in peaks when beater is slowly lifted upright

½ cup chilled whipping cream

Force whipped cream through a pastry bag and a No. 27 star tube to decorate around center pieces.

2 hot buns



Norwegian Christmas Bread
(Julekake)

In the round of visiting that goes with the Christmas holidays guests are served this traditional bread and coffee. The use of cardamom is typically Scandinavian.

A 9-in. round layer cake pan will be needed.

Rinse, cut into halves, remove any seeds and force through the medium blade of a food chopper

½ small orange

Set aside.

Bring to boiling

1 cup water

Add, and again bring to boiling

¾ cup (about 4 oz.) golden raisins

Pour off water and drain raisins on absorbent paper. Set aside.

Scald (page 5)

1 cup milk

Meanwhile, soften

1 pkg. active dry yeast

in

¼ cup warm water, 110°F to 115°F (Or if using compressed yeast, soften 1 cake in ¼ cup lukewarm water, 80°F to 85°F.)

Let stand 5 to 10 min.

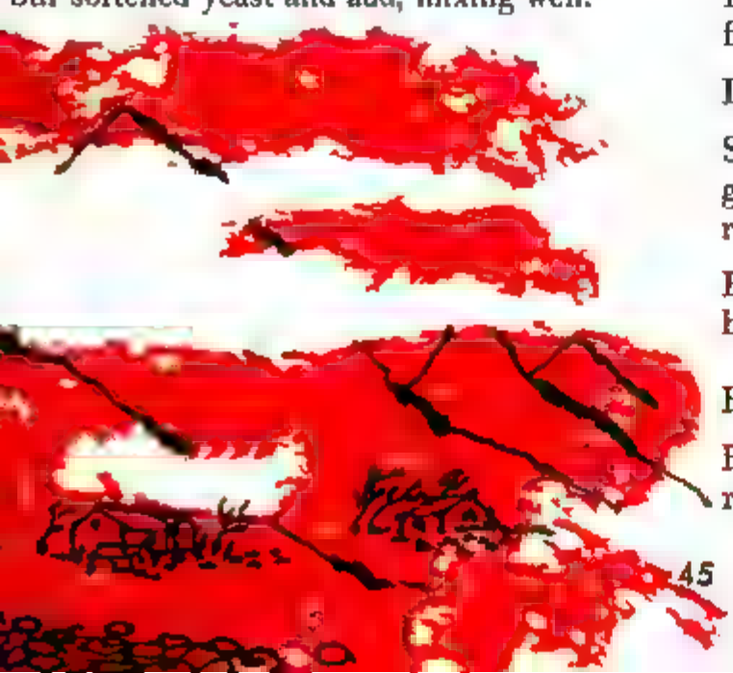
Meanwhile, put into a large bowl

½ cup butter
½ cup sugar
1 teaspoon salt

Immediately pour scalded milk over ingredients in bowl. When lukewarm, blend in, beating until smooth, a mixture of

1 cup sifted flour
1 teaspoon cardamom

Stir softened yeast and add, mixing well.



Norwegian Christmas Bread and Sour Cream Waffles (page 55)

Measure

3 to 3½ cups sifted flour

Add about one-half the flour to the yeast mixture and beat until very smooth.

Then beat in the ground orange, raisins, and enough remaining flour to make a soft dough. Turn dough onto a lightly floured surface and let rest 5 to 10 min.

Knead (page 6). Form dough into a large ball and place it into a greased, deep bowl. Turn dough to bring greased surface to top. Cover with waxed paper and towel and let stand in warm place (about 80°F) until dough is doubled.

Punch down with fist; pull edges of dough in to center and turn dough completely over in bowl. Cover and let rise again until nearly doubled. Punch down and turn dough out onto lightly floured surface.

Lightly grease the layer cake pan.

Shape the dough into a round ball, place in the greased pan and flatten slightly. Cover and let rise about 45 min., or until doubled.

Bake at 350°F 45 min. Remove from oven and brush with

Egg white, slightly beaten

Return to oven and bake 10 to 15 min. longer.

Remove bread from pan and place on cooling rack to cool completely. *1 loaf bread*

Norwegian Potato Pancakes (Lefse)

Wash, pare and cook (page 33)

6 medium-size (about 2 lbs.) potatoes, cut in halves

Cook about 20 min., or until tender when pierced with a fork. Drain. To dry potatoes, shake pan over low heat.

Mash or rice potatoes thoroughly. Whip in until potatoes are fluffy

¼ cup butter
¼ cup milk

and a mixture of

1½ teaspoons salt
1 teaspoon sugar
¼ teaspoon monosodium glutamate
⅛ teaspoon pepper

Whip potatoes until light and fluffy. Cool potatoes; chill in refrigerator.

Set a griddle or heavy skillet over low heat.

Measure

2½ to 3 cups sifted flour

Remove chilled potatoes from refrigerator. Add about one-half the flour and beat until smooth. Beat in enough remaining flour to make a soft dough. Shape dough into a ball and turn onto a lightly floured surface. Roll into a round about ⅛ in. thick. Cut into 6-in. rounds.

Test griddle by dropping on it a few drops cold water; if drops dance around in small beads, griddle temperature is right. Do not grease the griddle.

Place Lefse on griddle and cook until lightly browned. Turn and lightly brown other side. Then, turning frequently, continue cooking until Lefse are browned and dry. Remove to a clean, dry towel. Cool Lefse completely.

Spread cold Lefse with

Butter, softened

Roll loosely and serve. *About 2½ doz. Lefse*

DANISH SANDWICHES (Smørrebrød)

Danish smørrebrød are open-faced sandwiches. Their genealogy is not known, but sometime early in the nineteenth century, the smørrebrød became a reigning favorite of the Danish menu and it has maintained this position to the present. At least once a day and sometimes oftener, practically all the Danes in Denmark are enthusiastically preparing, serving, eating and enjoying the renowned open-faced sandwich. Restaurants take pride in the variety they offer and the menus for these sandwiches can run along for a yard or more – like a proud banner. Indeed, the smørrebrød is a custom that foreign visitors joyfully support on trips to the smallest of the Scandinavian countries and remember longingly after they leave.

Virtually all of the produce of land and sea lends itself in some way to the enchantment of the open sandwich, but combinations are not haphazard or merely daring. They are artfully and wisely selected for the perfect mating of flavors. Garnishes and sauces must not mask flavors but accent and enhance them, and by the strictest standards each sandwich must be an object of visual beauty as well as gastronomic appeal. This interesting culinary art has a dual mission: to delight at the same time that it nourishes. Sandwiches may be entertaining, but always within the bounds of good taste – in both meanings of that phrase.

The base of these famed sandwich creations is a single slice of bread, the type depending on what is to compose the sandwich. Danish preference runs to the rye breads. White bread, if it is used, is usually toasted. The kind and amount of butter is also determined by the

other ingredients, as are the sauces, garnishes and seasonings. And what then composes the spreads? Virtually anything.

Foremost in popular favor is a sandwich that consists of one slice of lightly buttered **bread** heaped with the prized Danish June **shrimp** or covered with the pink beauties in a pattern so tight that it resembles fish scales. A cleaned crisp **lettuce leaf** garnishes this creation. Seasonings for so prized a delicacy are considered superfluous; later in the season, when the shrimp run larger and coarser, **mayonnaise** may be added—and a whisper of **curry.**

In another seafood sandwich **lobster meat**—fresh or canned—is sliced onto bread over a spread of **butter** or **mayonnaise.** Sometimes a ribbon of mayonnaise is run across the lobster and an accent of minced **dill** may be added.

Herring in almost all of its forms—**marinated, spiced** and **kippered**—is lavishly used for open sandwiches but rarely combined with anything more than the **onion rings** for which herring seems to have a special affinity. Sometimes a raw **egg yolk,** held in place with a ring of onion, accompanies the herring sandwich, and sliced **hard-cooked egg** is also acceptable.

There are literally hundreds of other kinds of open sandwiches. A sampling of the better-known varieties would include: **ham,** beautifully garnished with chopped cooked **spinach, mushrooms** and grilled **tomato;** panbroiled **bacon,** sliced **tomatoes, liver paste, jellied meat** and freshly grated **horseradish;** soft **cheese** with a sprinkling of minced **radish** or **celery;** sliced **smoked salmon** on a bed of **scrambled eggs; liver sausage** on finely sliced tart **apple;** chopped **ham** with raw **egg yolk** and a bit of chopped **chives; roast pork slices** with a **lettuce cup** of **cucumber, pickled beets** or **cabbage relish;** scraped **raw beef** with **smoked salmon** and **caviar** or with a couple of **oysters,** a ribbon of **caviar** and a few **shrimp; ham** and **beef slices** with a **lettuce cup** of **mustard pickle; sardines** on a bed of sliced **cucumbers** with a ribbon of chopped **radishes** and sieved **hard-cooked eggs;** sliced **tongue** with **macaroni salad; lobster** and cooked **asparagus pieces** tossed with **mayonnaise** and laid over a **lettuce leaf; herring salad** with a decoration of sliced **hard-cooked egg** or a **fried egg,** sunny-side up; thrifty slices of cold boiled **potato** on **salami** with a ribbon of chopped **chives.**

If Danish sandwiches are to live up to their well-earned reputation a few principles must be observed in making them. They must be prepared immediately or shortly before they are served. Bread must never be soggy; if ingredients are dampish the serviceable lettuce leaf may be used as a shield for the bread. **Seasoned butters** may of course be used but should be carefully chosen to match or pleasantly contrast with other flavors.

Danish Sandwiches

Desserts

The dessert traditions of Scandinavia differ from our own in several ways. Pies are unknown and the torte and a sponge-type cake are more popular than our frosted layer cakes. Fruit soups are often served for dessert, and clabbered milk and puddings abound—especially rum, almond, fruit, and rice puddings. In Sweden tiny thin pancakes, baked in a special platt pan and served with fruit preserves or sirups, have a universal following. Fresh fruits, particularly the luscious berries of Scandinavia, are popular summertime desserts. They are served at the peak of their flavor and unadorned—except for rich cream and sugar.

Swedish Applecake with Vanilla Sauce

(Äpplekaka med Vaniljsås)

Butter bottom and sides of a 1-qt. baking dish.

Prepare

Vanilla Sauce (page 57)

Place on a long length of heavy waxed paper

16 (about 7 oz.) rusks

Loosely fold paper around rusks, tucking under open ends. With a rolling pin, gently crush rusks to make fine crumbs (about 2 cups crumbs). Or place rusks in a plastic bag and gently crush. Turn crumbs into a bowl. Stir in

¼ cup sugar

Melt in a saucepan over low heat

⅓ cup butter

Pour butter evenly over the crumb mixture and toss lightly to coat crumbs evenly.

Put one-third of the crumbs into the baking dish and firmly press into an even layer on bottom and sides of baking dish.

Set out

2½ cups (1 No. 2 can) thick sweetened applesauce

¼ cup butter

Spoon one-half the applesauce into the baking dish. Dot with one-half of the butter. Sprinkle with one-half the remaining crumbs. Repeat layering, ending with remaining crumbs.

Bake at 350°F 25 to 30 min.

Cool completely; chill in refrigerator several hours.

When ready to serve, sift over top of cake to form a decorative pattern*

¼ cup sifted confectioners' sugar

Serve applecake with the Vanilla Sauce.

8 servings

**Note:* To form a pattern place a paper doily on top of the cake. Sift the confectioners' sugar over the doily. Carefully lift doily off the cake. The confectioners' sugar will form the decorative pattern.

Coffee Torte
(Kaffetorte)

Set out two 9-in. round layer cake pans. Grease pans (bottom and sides) and line bottoms with waxed paper. Grease waxed paper. Cut two lengths of parchment paper 2 in. wide and 30 in. long. Line sides of pans with the parchment paper, pressing paper against sides of pans. Fasten ends with cellulose tape.

Grate (page 4)
2 cups (about ½ lb.) pecans (about 3½ cups, grated)
Thoroughly combine with pecans
2 to 3 tablespoons concentrated soluble coffee
Divide into four portions by marking with a spatula. Set aside.

Beat until very thick and lemon colored
7 egg yolks
1 cup sugar
Set egg-yolk mixture aside.

Beat until rounded peaks are formed and egg whites do not slide when bowl is partially inverted
7 egg whites
⅛ teaspoon salt
Gently spread egg-yolk mixture over beaten egg whites. Spoon one portion of the pecan-coffee mixture over egg mixture and gently fold (page 5) with a few strokes until batter is only partially blended. Repeat with second and third portions. Spoon remaining fourth of pecan-coffee mixture over batter and gently fold just until blended. Do not overmix! Gently turn batter into pans and spread to edges.

Bake at 350°F 25 to 30 min., or until torte tests done (page 6).

Cool; remove from pans as directed (page 6).

When torte is cooled, prepare
Mocha Mallow Whipped Cream Frosting (page 57)
Fill and frost (page 6) and place in refrigerator until ready to serve. *12 to 16 servings*

Hazelnut Torte
(Hassel Nöt Tårta)

▲ *Base Recipe*

Set out two 8-in. round layer cake pans.

Grate (page 4)
1 cup (about 4¾ oz.) hazelnuts (about 1¾ cups, grated)
Sift together
2 tablespoons sifted flour
2 teaspoons baking powder
Blend flour mixture and grated nuts together and set aside.

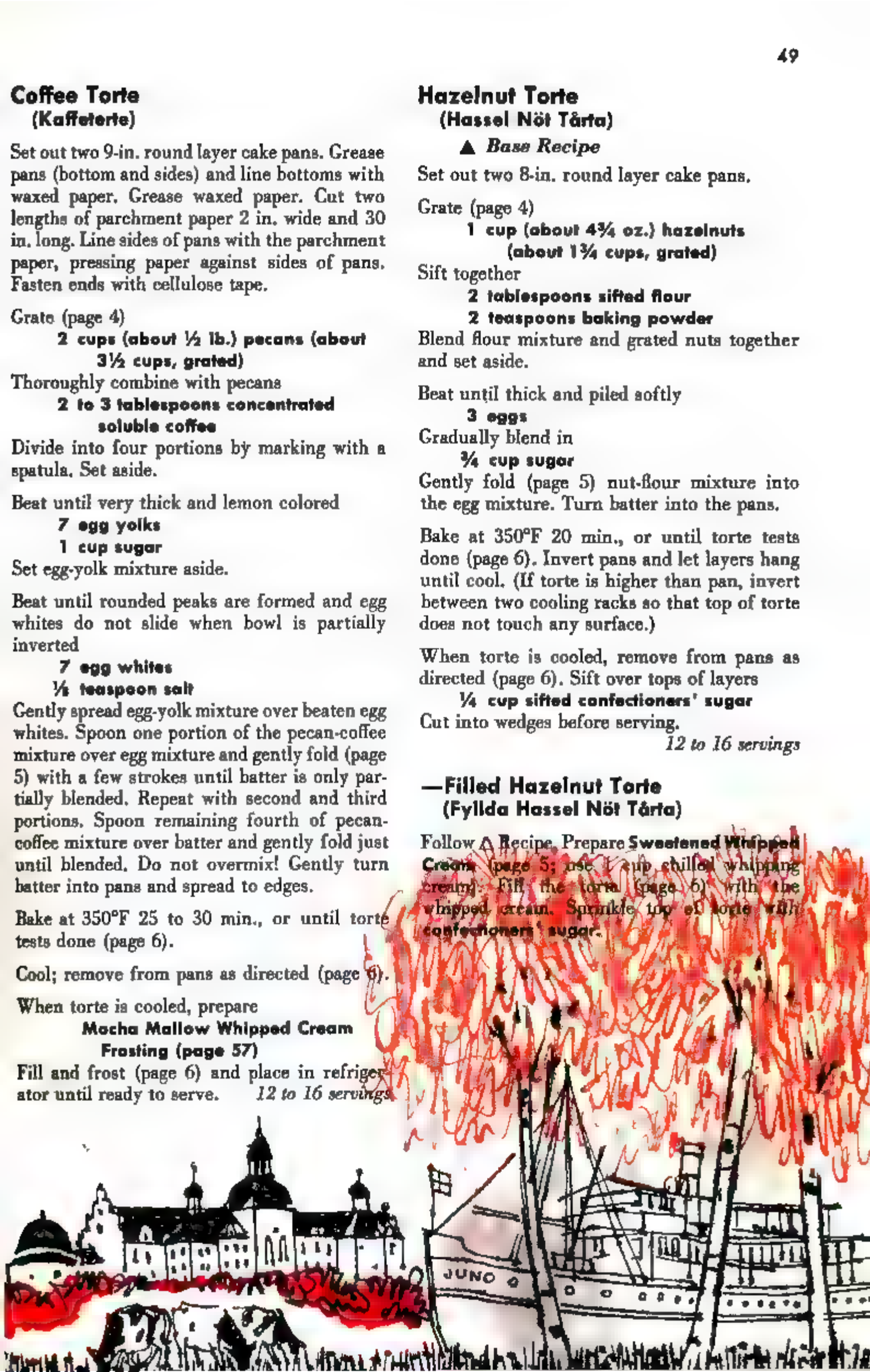
Beat until thick and piled softly
3 eggs
Gradually blend in
¾ cup sugar
Gently fold (page 5) nut-flour mixture into the egg mixture. Turn batter into the pans.

Bake at 350°F 20 min., or until torte tests done (page 6). Invert pans and let layers hang until cool. (If torte is higher than pan, invert between two cooling racks so that top of torte does not touch any surface.)

When torte is cooled, remove from pans as directed (page 6). Sift over tops of layers
¼ cup sifted confectioners' sugar
Cut into wedges before serving.
12 to 16 servings

—Filled Hazelnut Torte
(Fyllda Hassel Nöt Tårta)

Follow △ Recipe. Prepare **Sweetened Whipped Cream** (page 5; use 1 cup chilled whipping cream). Fill the torte (page 6) with the whipped cream. Sprinkle top of torte with **confectioners' sugar.**



Almond Cake
(Fyrstekake)

Set out an 8-in. round layer cake pan.

Sift together into a bowl
1½ cups sifted flour
½ cup sugar
1 teaspoon baking powder
Cut in with a pastry blender or two knives until well blended
½ cup butter
Blend in thoroughly
1 egg, beaten
Chill dough in refrigerator.

Meanwhile, grate (page 4)
⅔ cup (about 3 oz.) blanched almonds
Thoroughly mix with almonds
⅓ cup sifted confectioners' sugar
Blend in
1 egg, beaten
Remove chilled dough from refrigerator and divide into two balls. Put one ball in the cake pan and return remaining ball to refrigerator. Using hands, work dough in pan to cover bottom and sides. Turn almond mixture into the cake pan, spreading evenly over surface of dough. Remove dough from refrigerator. Cut off pieces of dough and roll with hands into rolls about ½ to ¾ in. thick. Arrange four strips parallel to each other across filling. Arrange four strips at right angles, weaving over and under to form a lattice. Roll remaining dough into a thin roll and arrange around edge of cake, pressing ends together to seal. If dough becomes too sticky to handle, return to refrigerator for about 10 min.

Bake at 375°F 25 to 30 min., or until lightly browned.

Set on a cooling rack to cool completely. With a spatula, loosen sides of cake from pan and cut into wedges. Or loosen sides of cake from pan and carefully remove cake from pan.

6 to 8 servings

Apple Torte
(Epleterte)

(See photo on page 61)

Set out a 9-in. pie pan.

Measure into a bowl
1¼ cups sifted flour
Cut in with pastry blender or two knives until well blended
½ cup butter, softened
Cover and set aside overnight (in a cool place but *not* in refrigerator).

The next day, cut in with a pastry blender or two knives until well blended
½ cup butter, softened
Add and blend thoroughly
6 tablespoons sifted flour
Chill in refrigerator.

Put into a 3-qt. heavy saucepan
½ lb. (about 2 cups) dried apples
3 cups water
Cook over medium heat 30 min. Stir in
¾ cup sugar
¾ teaspoon cinnamon
Cook 15 min. longer. Cool completely.

Remove pastry from refrigerator. Divide into two balls. Set each ball on a length of waxed paper. Cover with another length of waxed paper. Roll from center to edge into a round about ⅛ in. thick and about 1 in. larger than overall size of pan. Chill in refrigerator.

Set out
½ cup (about 2 oz.) blanched almonds (page 4), split in half
When pastry is chilled, remove one ball from refrigerator and peel off waxed paper. Place pastry in pie pan and press evenly over bottom and sides of pan. Turn the apple mixture into the pie pan. Remove the second pastry layer from refrigerator and place on top of apple mixture. Gently press edges to seal. Fold extra pastry under bottom pastry. Flute (page 5) or press edges together with a fork. With the tines of a fork pierce top in several places. Arrange the almond halves in a decorative pattern over top of torte (see photo, page 61).

Sprinkle evenly over top of torte
¼ cup sugar
Bake at 375°F 45 to 50 min., or until browned.

Cool completely on cooling rack. To serve, cut into wedges.

6 to 8 servings

Mazarin Cake
(Mazarintårta)

Lightly butter an 8-in. cake pan with removable bottom.

Prepare and chill in refrigerator
Raspberry Sauce (page 57)

For Pastry—Measure and set aside
¾ cup sifted flour
Cream until softened
¼ cup butter
Add gradually, creaming until fluffy after each addition
¼ cup sugar
Blend in
1 egg yolk, slightly beaten
Add the flour in halves, blending well after each addition. Chill pastry in refrigerator.

For Filling—Meanwhile, grate (page 4)
½ lb. (about 1½ cups) blanched almonds (page 4)
Blend in
⅓ cup sifted confectioners' sugar
Set aside.

Cream until softened
½ cup butter
Blend in
4 egg yolks, well beaten
Blend in the almond-sugar mixture until smooth. Set filling aside.

To Complete Cake—Remove pastry from refrigerator and place on a lightly floured surface. Roll ¼ in. thick and about 1 in. larger than overall size of pan. With knife or spatula, loosen pastry from surface wherever sticking occurs; lift pastry slightly and sprinkle flour underneath.

With spatula, loosen pastry and fold in half and then in quarters. Gently lay pastry in pan and unfold, fitting it to the pan so that it is not stretched.

Trim edge with scissors or sharp knife, leaving ⅓ in. overlap. Fold extra pastry under at edge and flute (page 5) or press edges together with a fork. Spread the Raspberry Sauce evenly over the pastry at bottom of pan. Carefully spread almond mixture over the Raspberry Sauce being careful to cover sauce completely.

Bake at 325°F 35 to 40 min., or until lightly browned.

Cool completely on a cooling rack.

Meanwhile, blend together
¼ cup sifted confectioners' sugar
1½ teaspoons milk
When ready to serve, carefully remove cake from pan to cake plate. Spread confectioners' sugar glaze over top of cake. Or omit glaze and sprinkle cake with confectioners' sugar.

One 8-in. cake

Sugar Cake
(Sockerkaka)

Butter a 2-qt. fancy tubed mold or a form cake mold.

Sift together and set aside
1½ cups sifted flour
2 teaspoons baking powder
⅛ teaspoon salt
Measure
½ cup boiling water
Add to the water and set aside to cool
¼ cup butter
Beat until very thick and piled softly
3 eggs
Add gradually, beating thoroughly after each addition
1 cup less 1 tablespoon sugar
Stir in
2 teaspoons grated lemon peel (page 4)
Sift dry ingredients over mixture, about one-fourth at a time; gently fold until just blended after each addition. Add the water-butter mixture all at one time and quickly mix just until smooth. Turn into the prepared pan.

Bake at 325°F 1 hr., or until cake tests done (page 6).

Cool completely; run a small sharp knife around tube and sides; remove cake from pan.

Sprinkle cake generously with
Vanilla Confectioners' Sugar (page 65)
Or serve plain with fruit or ice cream.

One tubed cake

Danish Rum Pudding I
(Rom Budding I)

Set out 6 custard cups.

Pour into a small cup or custard cup
¼ cup cold water
Sprinkle evenly over cold water
2 teaspoons unflavored gelatin
Let gelatin stand about 5 min. to soften.

Meanwhile, blend well in top of double boiler
4 egg yolks, slightly beaten
2 cups heavy cream
½ cup sugar
¼ teaspoon salt
Cook over simmering water, stirring constantly and rapidly, until egg-yolk mixture coats a silver spoon.

Remove from heat and strain into a bowl. Immediately blend in softened gelatin, stirring until gelatin is completely dissolved. Set aside to cool, stirring occasionally.

Add and stir until thoroughly blended
3 tablespoons rum
Pour mixture into the custard cups and set in refrigerator to chill (about 2 hrs.).

When ready to serve, unmold desserts by carefully running a knife around inside edges of cups; invert onto serving dishes.

Serve with
Lingonberries or Raspberry Sauce (page 57)

6 servings

Note: For a more delicate gel, use only 1 teaspoon of gelatin.

Danish Rum Pudding II
(Rom Budding II)

Danish fondness for the flavor of rum was acquired in the days when Denmark held possessions in the West Indies. Rum pudding is one of the masterpieces of Scandinavian cuisine.

Set out a 2½-qt. fancy mold.

Pour into a small bowl
½ cup cold water
Sprinkle evenly over water
1½ tablespoons (1½ env.) unflavored gelatin
Let gelatin stand about 5 min. to soften. Dissolve completely over very hot water.

Beat until thick and lemon colored
6 egg yolks
Add gradually, beating in
1 cup sugar
Mix in
6 tablespoons rum
2 tablespoons lemon juice
Stir the dissolved gelatin and blend into the egg mixture.

Beat until rounded peaks are formed and egg whites do not slide when bowl is partially inverted
6 egg whites

Spread egg-yolk mixture over beaten egg whites. Gently but thoroughly fold (page 5) together. Rinse the mold with cold water. Turn mixture into the mold and set in refrigerator to chill until firm.

When ready to serve, unmold (page 5) onto a chilled serving plate. Garnish with

Sweetened Whipped Cream (page 5)

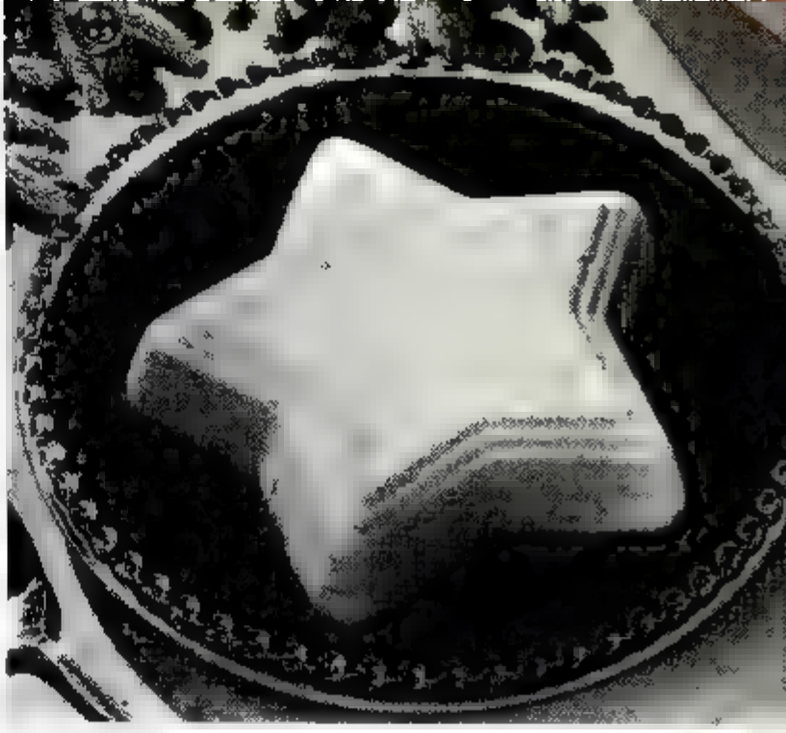
Arrange around the pudding

Sweetened whole strawberries

Serve with the pudding so that each person may help himself

Raspberry Sauce (page 57)

8 to 10 servings



Danish Rum Pudding III

Danish Rum Pudding III
(Rom Budding III)

Set out a 2½-qt. mold.

Pour into a small bowl

½ cup cold water

Sprinkle evenly over cold water

2 tablespoons (2 env.) unflavored gelatin

Let stand about 5 min. to soften.

Beat until thick and lemon-colored

6 egg yolks

Add gradually, beating constantly

½ cup sugar

Add gradually to egg-yolk mixture, stirring until well blended

2 cups milk

½ cup cream

Pour into top of double boiler and place over simmering water. Cook, stirring constantly, until mixture coats a silver spoon. Remove top of double boiler from heat and summering water. Immediately stir in softened gelatin until gelatin is completely dissolved.

Chill in refrigerator or pan of ice and water until mixture begins to gel (gets slightly thicker). (If placed over ice and water, stir frequently; if placed in refrigerator, stir occasionally.)

Blend in

6 tablespoons rum

Beat until rounded peaks are formed

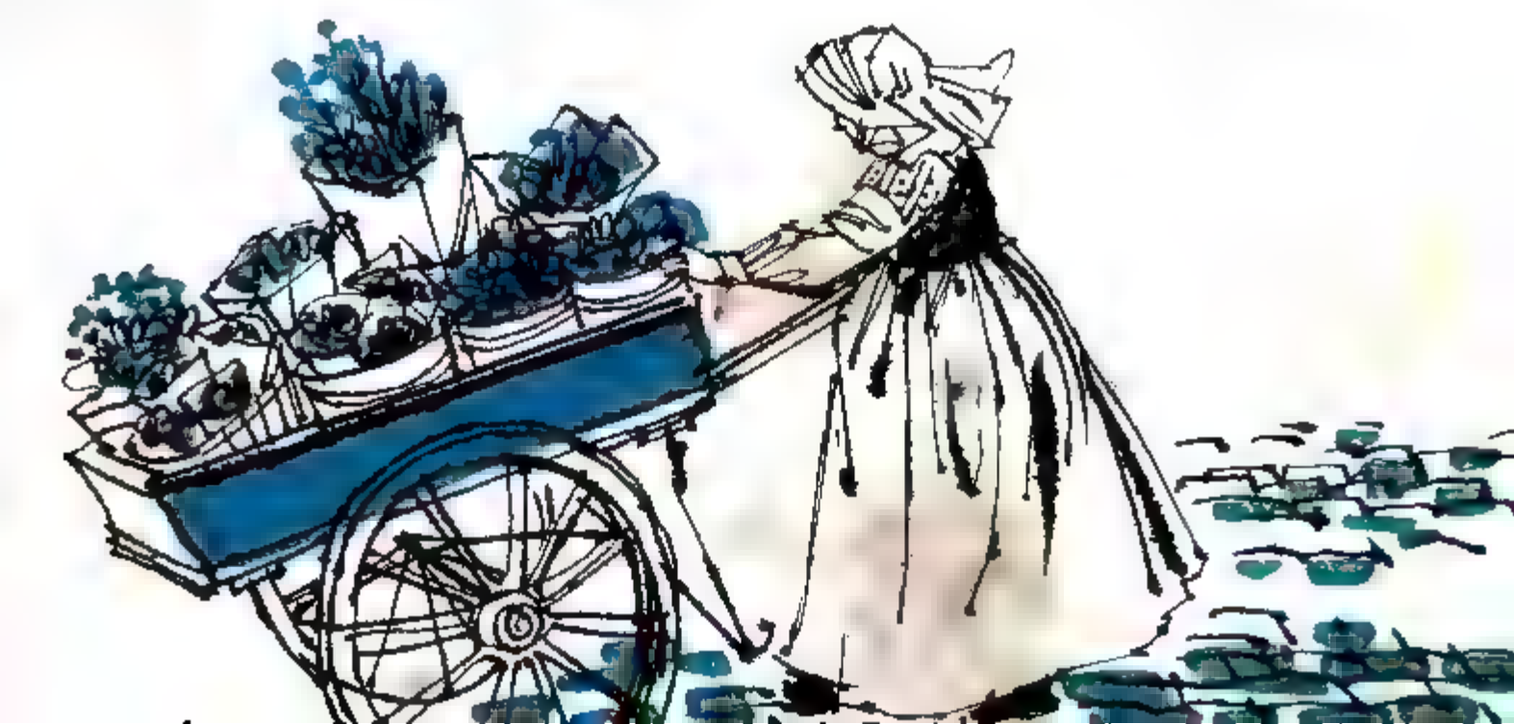
6 egg whites

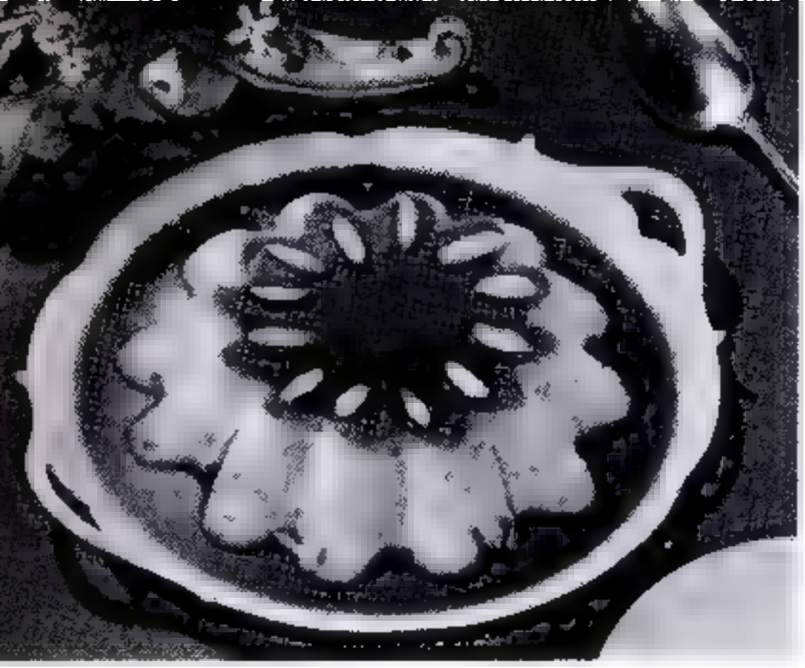
Spread beaten egg whites over mixture and gently fold (page 5) together. Rinse mold in cold water. Turn mixture into the mold. Chill in refrigerator until firm.

When ready to serve, unmold (page 5) onto a chilled serving plate and serve with

Raspberry Sauce (page 57) or Lingonberry preserves

10 to 12 servings





Caramel Pudding

Swedish Christmas Porridge
(Risgrynsgröt)

This rice porridge is served at Christmastime. According to Swedish custom the person who finds the almond will marry within the next year. When the porridge is served, each person makes up a rhyme as he takes a spoonful. This continues around the table until all the porridge is eaten. At other times of the year the porridge is served only with a fruit sauce and the almond is omitted.

Put into the top of a double boiler
- **6 cups milk**
- **1 cup rice**
- **3 tablespoons sugar**
- **½ teaspoon salt**

(The Rice Industry no longer considers it necessary to wash rice before cooking.)

Cover and cook over simmering water 2½ to 3 hrs., or until rice is entirely soft when a kernel is pressed between fingers and mixture is quite thick. Remove cover for last 10 min. if mixture is not thick enough.

Mix in just before serving
- **1 whole blanched almond (page 4)**

Serve with
- **Cool milk**
- **Sugar**
- **Cinnamon**

Or serve with a fruit sauce. *6 servings*

Caramel Pudding
(Brylépudding I)

▲ ***Base Recipe***

Set out a 1-qt. baking dish.

Put into a heavy skillet over medium heat
- **½ cup sugar**

With back of a wooden spoon keep sugar moving constantly in skillet until sugar is completely melted, and of a rich medium brown color (caramelized). Pour caramelized sugar into the baking dish. Quickly tilt baking dish until bottom is evenly coated. Set aside.

Heat water for boiling water bath (page 5).

Scald (page 5)
- **2 cups heavy cream**

Meanwhile, beat slightly
- **3 eggs**

Mix in
- **¼ cup sugar**

Stirring constantly, gradually add hot cream to egg-yolk mixture. Stir until sugar is dissolved. Blend in
- **1 teaspoon vanilla extract**

Strain mixture into the baking dish.

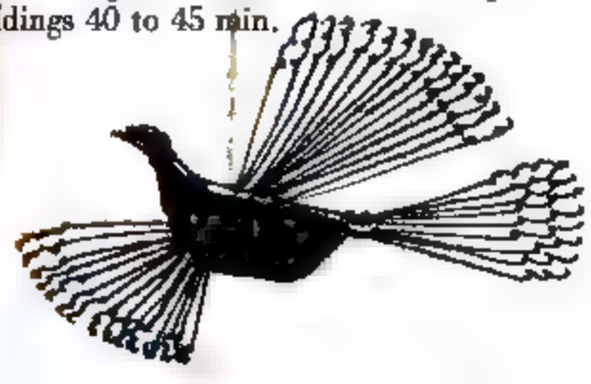
Bake uncovered in boiling water bath at 325°F 55 to 60 min., or until a silver knife comes out clean when inserted halfway between center and edge of baking dish. Remove carefully from boiling water bath. Set on a cooling rack until lukewarm. Chill pudding thoroughly in refrigerator.

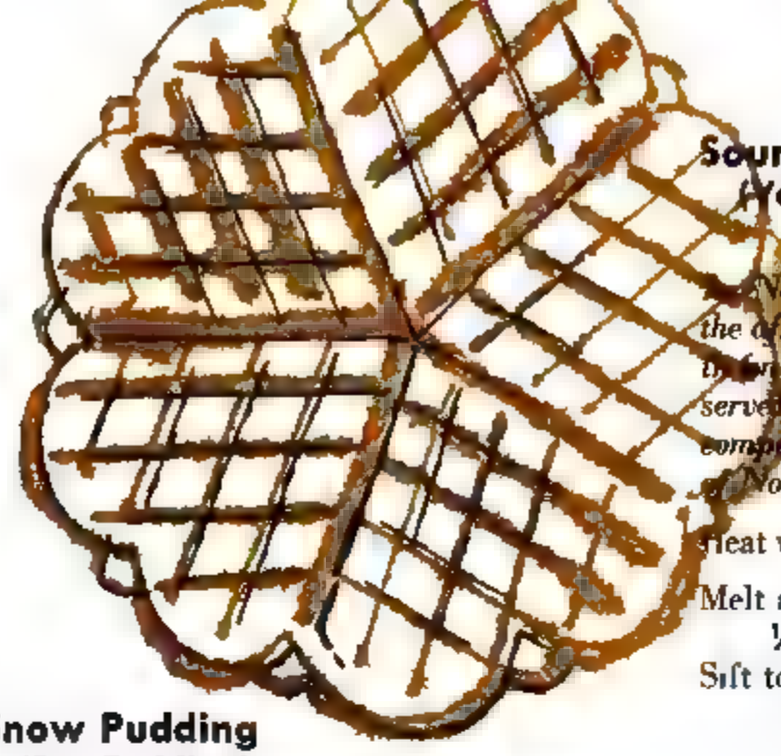
When ready to serve, unmold by running a knife around inside edge of baking dish; invert onto a chilled serving dish. Garnish with
- **Whole blanched almonds**

Top of mold will be caramel-coated and excess coating will run down sides of mold to form a sauce at base of pudding. *6 servings*

—Individual Caramel Puddings
(Brylépudding II)

Follow △ Recipe. Set out 6 custard cups. Reduce sugar to ⅓ cup. Pour some of the caramelized sugar into each custard cup. Bake puddings 40 to 45 min.





Snow Pudding
(Sne Pudding)

Prepare
Vanilla Sauce (page 57)
Pour into a small bowl
½ cup cold water
Sprinkle evenly over cold water
2 tablespoons (2 env.) unflavored gelatin
Let stand about 5 min. to soften.

Blend softened gelatin into
2 cups hot water
Stir until gelatin is completely dissolved. When gelatin is dissolved, stir in until sugar is dissolved
1¼ cups sugar
⅓ to ½ cup strained lemon juice
Chill in refrigerator or in a pan of ice and water until mixture is slightly thicker than consistency of thick unbeaten egg white. (If mixture is placed over ice and water, stir frequently; if placed in refrigerator, stir occasionally.)

Lightly oil a 2½-qt. fancy mold with salad or cooking oil (not olive oil). Set it aside to drain.

When gelatin is of desired consistency, beat until rounded peaks are formed and egg whites do not slide when bowl is partially inverted
6 egg whites
Beat gelatin mixture until frothy. Gently but thoroughly fold (page 5) gelatin mixture into beaten egg whites. Turn into prepared mold. Chill in refrigerator until firm (at least 4 hrs.).

When ready to serve, unmold (page 5) onto chilled serving plate.

Serve with Vanilla Sauce. *8 to 10 servings*

Sour Cream Waffles
(Vafler)

(See photo on page 45)

In Norway these tender waffles are served in the afternoon at the sociable coffee hour. Baked in an iron with heart-shaped sections, they are served cold, as if they were cake, and are accompanied by fruit preserve or tissue-thin slices of Norwegian goat cheese.

Heat waffle baker while preparing waffle batter.

Melt and set aside to cool
¼ cup butter
Sift together into a large bowl
1 cup sifted flour
2 tablespoons sugar
1 teaspoon baking soda
1 teaspoon cardamom
½ teaspoon salt
Set aside.

Beat until thick and lemon-colored
2 egg yolks
Add the melted butter gradually and
1 cup thick sour cream
1 cup buttermilk
Continue to beat until well blended. Add liquid mixture all at one time to dry ingredients; mix only until batter is smooth.

Beat until rounded peaks are formed
2 egg whites
Spread the beaten egg whites over the batter and gently fold (page 5) together.

Unless temperature is automatically shown on waffle baker, test baker; it is hot enough for baking when drops of water sprinkled on surface "sputter." Pour batter into center of waffle baker. It is wise to experiment to find out the exact amount of batter your baker will hold; use that same measurement (spoonfuls or cupfuls) in future waffle baking.

Lower cover and allow waffle to bake according to manufacturer's directions, or until steaming stops (about 5 min.). Do not raise cover during baking period. Lift cover and loosen waffle with a fork. Set waffles aside on a clean towel. As each waffle is baked pile on previous waffles to keep soft.

Serve waffles cold. Spread with
Butter
If desired, serve with lingonberry preserves or jam. *About 4 waffles*

Swedish Pancakes
(Plättar)

▲ *Base Recipe*

Set out a griddle or large, heavy skillet. A Swedish platt pan (available at most department stores) may be used for these pancakes.

Sift together into a large bowl and set aside
- **1½ cups sifted flour**
- **3 tablespoons sugar**
- **½ teaspoon salt**

Beat in a bowl until thick and piled softly
- **3 eggs**

Beat in until blended
- **2 cups milk**
- **2 tablespoons melted butter**

Add to dry ingredients and beat until smooth.

Heat griddle over low heat; it is hot enough when drops of water sprinkled on surface dance in small beads. Lightly grease with
- **Butter**

For each pancake spoon about 1 tablespoon batter onto griddle or skillet (pancakes should be about 2½ to 3 in. in diameter). Cook each pancake over medium heat until lightly browned on bottom. Loosen edges with a spatula, turn, and lightly brown second side. As each pancake is cooked, transfer to a heated plate. Arrange pancakes in a circle, slightly overlapping each other. In center, set a bowl of
- **Lingonberry preserves**

5 doz. 3-in. pancakes

—Apple Pancake Cake
(Pannkakstårta)

Follow △ Recipe. Prepare six 8-in. pancakes. As each pancake is cooked, transfer it to a platter; spread with ¼ cup thick, sweetened **applesauce.** Do not spread applesauce on top pancake. (Remaining batter may be used for plattar.) Chill. Prepare **Sweetened Whipped Cream** (page 5; use 1 cup chilled **whipping cream**). Frost pancake stack with cream. Chill in refrigerator until ready to serve. Cut into wedges.

6 to 8 servings

Pancake Balls
(Ableskiver I)

▲ *Base Recipe*

Set an ableskiver pan (available in the housewares section of most department stores) over low heat.

Sift together and set aside
- **2 cups sifted flour**
- **2 tablespoons sugar**
- **1 teaspoon baking soda**
- **1 teaspoon cardamom**
- **¾ teaspoon salt**

Combine
- **1 cup thick sour cream**
- **⅔ cup milk**
- **3 egg yolks, beaten**
- **2 tablespoons melted butter**

Make a well in center of dry ingredients. Add liquid mixture all at one time, stirring until well blended.

Beat until rounded peaks are formed
- **3 egg whites**

Gently spread batter over egg whites and fold (page 5) together.

Test ableskiver pan by dropping on it a few drops cold water; if drops dance around in small beads, temperature is right. Grease wells with
- **Butter (about ½ teaspoon per well)**

Pour batter into wells, filling about one half full. With a fork turn ableskivers frequently to brown evenly. Do not pierce. Ableskivers are done when a wooden pick inserted in center comes out clean.

Serve immediately sprinkled with
- **Confectioners' sugar**

If desired, accompany with a tart jam.

About 4 doz. balls

—Apple Pancake Balls
(Ableskiver II)

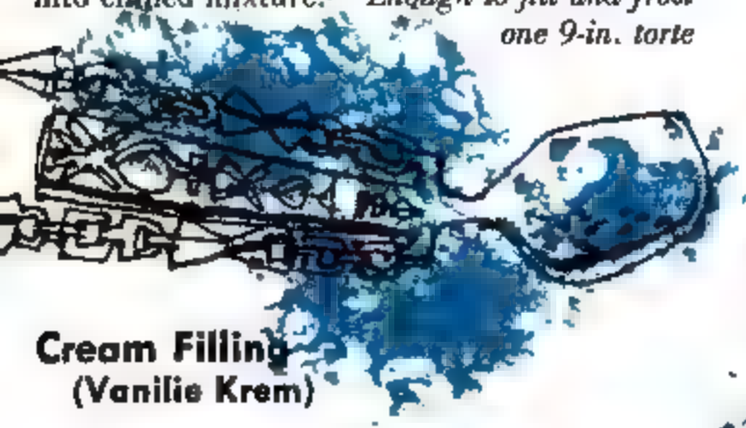
Follow △ Recipe. Rinse, pare and dice 2 medium-size **apples.** Sprinkle about 1 teaspoon of the diced apples over batter in each well.

Mocha Mallow Whipped Cream Frosting
(Pisket Flöte med Mocca Kaffe)

Adding marshmallows is an American touch.

Set in refrigerator a bowl, rotary beater and
2 cups whipping cream
Heat together in top of double boiler over simmering water, stirring occasionally, until marshmallows are melted
16 (4 oz.) marshmallows
⅓ cup coffee beverage (page 5; use 4 teaspoons concentrated soluble coffee)
Remove from heat. Cool; chill in refrigerator.

When mixture is chilled, whip the cream, using the chilled bowl and beater. Whip 1 cup at a time until cream is of medium consistency (piles softly). Fold (page 5) whipped cream into chilled mixture. *Enough to fill and frost one 9-in. torte*



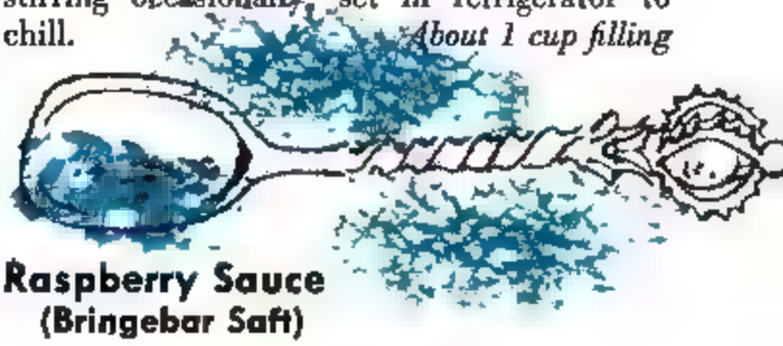
Cream Filling
(Vanilie Krem)

Measure
1 cup milk
Scald (page 5) ¾ cup of the milk.

Meanwhile, sift together into a saucepan
⅓ cup sugar
2 tablespoons flour
⅛ teaspoon salt
Add, stirring well, the remaining ¼ cup cold milk. Add gradually, stirring in, scalded milk. Wash double boiler top to remove scum.

Stirring gently and constantly, bring flour mixture rapidly to boiling over direct heat and boil 3 min. Pour into double boiler top and place over simmering water. Cover and cook about 5 to 7 min., stirring occasionally.

Vigorously stir about 3 tablespoons of the hot mixture into
2 egg yolks, slightly beaten
Immediately blend into mixture in double boiler. Cook over simmering water 3 to 5 min. Stir slowly to keep mixture cooking evenly. Remove from heat. Stir in
1 tablespoon butter
1 teaspoon vanilla extract
Cover and set filling aside to cool slightly, stirring occasionally; set in refrigerator to chill. *About 1 cup filling*

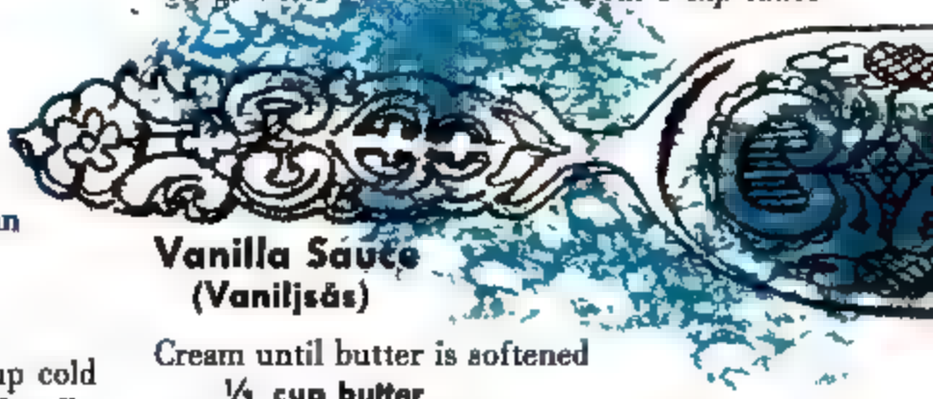


Raspberry Sauce
(Bringebar Saft)

Set out a heavy 1-qt. saucepan.

Sort, rinse and thoroughly drain
2 cups fresh raspberries
Force berries through a sieve or food mill into the saucepan. Blend in
½ cup sugar
Set berry mixture aside.

Blend together to make a smooth paste
1 tablespoon cold water
1½ teaspoons cornstarch
Thoroughly blend into berry mixture. Stirring gently and constantly, bring rapidly to boiling. Continue stirring and boil over medium heat about 3 min. Set aside to cool. Store in refrigerator. *About 1 cup sauce*



Vanilla Sauce
(Vaniljsås)

Cream until butter is softened
⅓ cup butter
Add gradually, creaming until fluffy after each addition
½ cup sugar
Add gradually, blending in
6 egg yolks, slightly beaten
Add very gradually, stirring in
¾ cup boiling water
Put mixture in top of double boiler and cook over simmering water, stirring constantly, until thickened.

Remove from heat and blend in
1 teaspoon vanilla extract
Cool; chill in refrigerator. *About 2 cups sauce*

Cookies

The cookie jars of Scandinavia are usually full, and they are always crammed to bursting for the Christmas holidays. Because butter is used with unstinting hand, the cookies melt the tongue meltingly. They keep well in tightly covered containers. Almond is a favorite flavoring. Salt is rarely used in Scandinavian cookies.

Spritz Cookies
(Spritsar)

Generations-old, spritz cookies are traditionally baked in "S" or ring shapes.

Set out cookie sheets.

Measure and set aside
2½ cups sifted flour
Cream together until butter is softened
1 cup butter
1 teaspoon vanilla extract
Add gradually, creaming until fluffy after each addition
½ cup sugar
Thoroughly beat in, one at a time
2 egg yolks
Add flour in fourths, thoroughly blending in after each addition.

Fill a cookie press about two-thirds full with dough. According to manufacturer's directions, form cookies of varied shapes directly onto cookie sheets.

Bake at 350°F 12 to 15 min., or until cookies are golden yellow.

With spatula, carefully remove cookies to cooling racks; cool completely. *About 6 doz. cookies*

For Variety—(*Jelly*) Before baking make a small depression at center of some round cookies and spoon ¼ to ½ teaspoon **jelly** onto centers of cookies. (*Nuts*) Lightly brush slightly beaten egg white over unbaked cookies and sprinkle each with about ½ teaspoon finely chopped **pistachios.** (*Confectioners' Sugar*) Lightly sift **confectioners' sugar** over baked and cooled cookies. (*Maraschino Cherries*) Press ¼ **maraschino cherry** onto center of round cookies before baking. (*Colored Sugar*) Lightly sprinkle unbaked cookies with red or green **colored sugar.** (*Chocolate-Dipped*) Partially melt over simmering water candy-making **chocolate** for dipping or semi-sweet chocolate pieces. Remove from heat and stir until it is melted. Stir in **butter** (1 tablespoon butter for 2 oz. chocolate) until butter is melted and blended in. Immediately coat ends of some cookies by dipping in chocolate mixture. Immediately dip coated ends of some cookies into **chocolate shot.** Set coated cookies on cooling rack over a piece of waxed paper.

Almond Spritz Cookies
(Mandelspritsar)

Set out cookie sheets.

Sift together and set aside
4¾ cups sifted flour
½ teaspoon baking powder
Grate (page 4) and set aside
1 cup (about ½ lb.) blanched almonds (page 4)
Cream together until butter is softened
2 cups butter
½ teaspoon almond extract
Add gradually, creaming until fluffy after each addition
1 cup sugar
Add gradually, beating well after each addition
1 egg, well beaten
Blend in the grated nuts. Mixing well after each addition, blend in dry ingredients in fourths.

Fill a cookie press about two-thirds full with dough. Following manufacturer's directions, form cookies of varied shapes directly onto cookie sheets.

Bake at 350°F 12 to 15 min., or until cookies are golden yellow.

With spatula, carefully remove cookies to cooling racks; cool completely.

About 10 doz. cookies

Finnish Coffee Fingers
(Mördegspinnar)

Set out cookie sheets.

Set out a mixture of
½ cup very finely chopped blanched almonds (page 4)
3 tablespoons sugar
Measure and set aside
1¼ cups sifted flour
Cream together until butter is softened
½ cup butter
1 teaspoon almond extract
Add gradually, creaming until fluffy after each addition
2 tablespoons sugar
Add the flour in fourths, thoroughly blending in after each addition. Chill in refrigerator.

Cut off small pieces of chilled dough and roll with the hands about ¼ in. thick and 2½ in. long to resemble fingers. Brush cookies with
Egg white, slightly beaten
Roll fingers in the almond mixture. Carefully place cookies on the cookie sheets.

Bake at 350°F 10 to 12 min., or until cookies are golden yellow.

With a spatula, carefully remove cookies to cooling racks to cool completely.

About 5 doz. cookies

Dreams
(Drömmar)

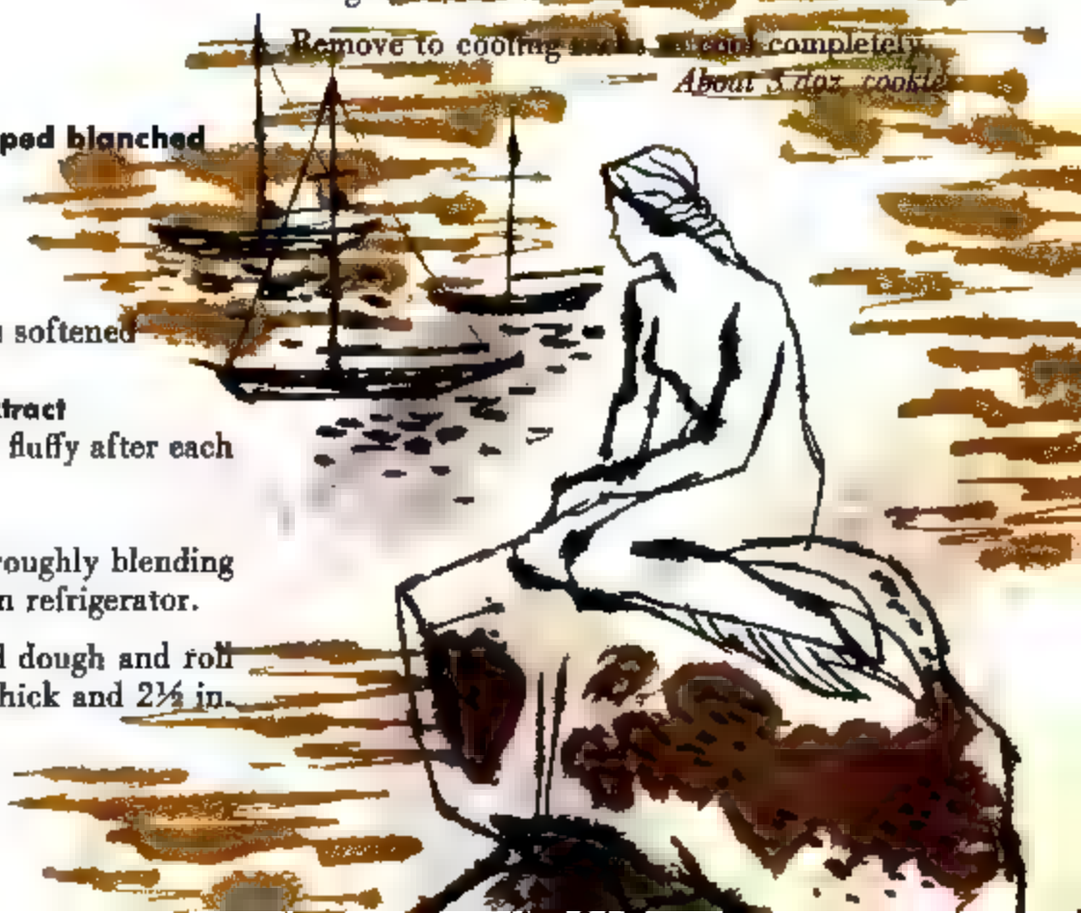
Set out cookie sheets.

Set out
36 (about 1½ oz.) whole blanched almonds (page 4)
Sift together and set aside
2 cups sifted flour
1 teaspoon baking powder
Cream together until butter is softened
1 cup butter
2 teaspoons vanilla extract
Add gradually, creaming until fluffy after each addition
¾ cup sugar
Mixing well after each addition, blend in dry ingredients in fourths. Shape dough into small balls about 1 in. in diameter. Place on the cookie sheets. Press one whole almond onto the center of each cookie.

Bake at 325°F 20 to 25 min. or until cookies are golden brown.

Remove to cooling racks to cool completely.

About 5 doz. cookies



Swedish Gingersnaps
(Pepparkakor)

The tangy fragrance of these cookies is part of the wonderful smell of a Swedish Chrismas. They should be rolled as thin as parchment.

Set out cookie sheets.

Set out

Whole blanched almonds (page 4; about 10)

Sift together and set aside

1½ cups sifted flour
1 teaspoon baking soda
1½ teaspoons ginger
1 teaspoon cinnamon
¼ teaspoon cloves

Cream until softened

½ cup butter

Add gradually, creaming until fluffy after each addition

¾ cup sugar

Add gradually, beating thoroughly after each addition

1 egg, well beaten
1½ teaspoons dark corn sirup

Blend in dry ingredients in fourths, mixing thoroughly after each addition. Chill in refrigerator several hours.

Remove some of the chilled dough and place on a lightly floured surface. Roll about 1/16 in. thick. Cut with lightly floured cookie cutters into various shapes. Cut almonds into small pieces and place one piece in the center of each cookie. Transfer cookies to cookie sheets. Repeat with remaining chilled dough.

Bake at 375°F 6 to 8 min.

Carefully remove cookies to cooling racks to cool completely. *About 7 doz. cookies*

Berlin Wreaths
(Berlinerkranser)

Set out cookie sheets.

Hard-cook (page 5)

3 eggs

While eggs are cooking, cream together until butter is softened

1 cup butter
½ teaspoon vanilla extract

Add gradually, creaming until fluffy after each addition

½ cup sugar

Cut the hard-cooked eggs into halves; remove egg yolks to a bowl. Mash them with a fork. Add one at a time, blending in thoroughly

2 egg yolks

Add the egg mixture in thirds to the creamed mixture, beating thoroughly after each addition.

Measure

2 cups sifted flour

Add the sifted flour in fourths, beating thoroughly after each addition. Chill dough in refrigerator.

Cut off a small amount of dough and roll with hands into a strip about 4 in. long and ¼ in. thick. The ends of the strip should be slightly pointed. Overlap ends about ¼ in., forming a wreath. Brush with

Egg white, slightly beaten

Sprinkle lightly with

Sugar

Place cookies on cookie sheets.

Bake at 350°F 10 to 12 min., or until cookies are golden yellow.

With spatula, carefully remove cookies to cooling racks; cool completely.

About 5 doz. cookies

Medallion Cookies
(Medaljekager)

Set out cookie sheets.

Prepare and chill
Cream Filling (page 57)
Measure and set aside
4½ cups sifted flour
Cream until softened
2 cups butter
Add gradually, creaming just until blended
¾ cup plus 2 tablespoons sifted confectioners' sugar
Blend in thoroughly
1 egg
Add the flour in fourths, blending thoroughly after each addition. Set aside for 20 min. (not in refrigerator).

Place one-third of the dough on a lightly floured surface. Roll about ¼ in. thick. Cut out cookies with a lightly floured 2-in. round cookie cutter. Place cookies on cookie sheets. Repeat for remaining dough.

Bake at 375°F about 10 min., or until cookies are lightly browned at edges.

With spatula, carefully remove cookies to cooling racks. Cool completely.

Meanwhile, combine
1 cup sifted confectioners' sugar
½ teaspoon vanilla extract
Add
Milk or cream (about 1 tablespoon or enough to make a frosting that will hold its shape)
When cookies are cooled completely, spoon about ¾ teaspoon of the filling onto one half the cookies. Top with the remaining cookies. Spread filled cookies with the confectioners' sugar mixture.

Cookies should be filled shortly before ready to serve. Fill only as many as will be needed. Refrigerate filled cookies if they are to be kept for any length of time before serving.

About 5 doz. cookies

Clockwise (from top): ***Sand Tarts, Dreams, Pepperkakor, Danish Cookies and Rosettes***
Upper left: ***Apple Torte* (*page 50*)**

Brown Sugar Cookies
(Brunekager)

Set out cookie sheets.

Measure and set aside
2 cups sifted flour
Cream until softened
1 cup butter
Add gradually, creaming until fluffy after each addition
⅔ cup firmly packed brown sugar
Blend in thoroughly
1 egg yolk
Add the flour in fourths, mixing thoroughly after each addition. Shape dough into balls about ½ to ¾ in. thick. Place about 2 in. apart on the cookie sheets. Using the back of a fork, flatten cookies with crisscross marks.

Set out
Pecan or walnut halves
Press a nut half onto the top of each cookie.

Bake at 375°F 8 to 10 min.

Cool cookies about 2 min. on cookie sheets. With spatula, remove cookies to cooling racks to cool completely.

About 7 doz. cookies

Danish Saddle Cookies
(Krumkager)

Set out cookie sheets. Wash and scrub a wooden stick about 1 in. in diameter and 12 to 18 in. long. Dry it thoroughly.

Mix together and set aside
- **½ cup finely chopped blanched almonds (page 4)**
- **¼ cup sugar**

Measure and set aside
- **2¼ cups sifted flour**

Cream until softened
- **1 cup butter**

Add gradually, creaming until fluffy after each addition
- **1 cup plus 2 tablespoons sugar**

Add the flour in fourths, mixing well after each addition.

Mix together and set aside
- **2 egg yolks, beaten**
- **1 tablespoon water**

Place a small amount of dough at one time on a lightly floured surface and roll about ¼ in. thick. Cut into rectangles 3x1½ in. Place only 6 cookies at one time on the cookie sheet. Brush tops of cookies with the egg-yolk mixture and sprinkle cookies with the almond-sugar mixture.

Bake at 375°F 8 to 10 min., or until delicately browned.

Cool cookies slightly. Using a spatula, quickly remove cookies from cookie sheet and bend over the wooden stick. Cool (all six at one time) on stick; carefully remove cookies from the wooden stick. Repeat procedure until all of remaining dough is baked.

About 7 doz. cookies

Danish Cookies
(Smaakager)

Set out cookie sheets

Sift together and set aside
- **2 cups sifted flour**
- **¼ teaspoon hartshorn (ammonium carbonate which is obtainable at any drugstore)**

Cream until softened
- **¾ cup butter**

Add gradually, creaming until fluffy after each addition
- **½ cup sugar**

Blend in thoroughly
- **1 egg yolk**

Add the dry ingredients in fourths, mixing thoroughly after each addition. Set aside.

Meanwhile, prepare a meringue by beating until frothy
- **1 egg white**
- **⅛ teaspoon salt**

Add gradually, beating well after each addition
- **1¼ cups sifted confectioners' sugar**

Continue beating until rounded peaks are formed. Cut dough into halves and set one-half aside. Roll one-half of the dough ⅛ in. thick on a lightly floured surface. Using a sharp knife, cut strips 1 in. wide. Cut each strip into diamond-shaped pieces by making diagonal cuts 1 in. apart. Place cookies on the cookie sheets and lightly spread cookies with the meringue. Repeat with the second half of the dough.

Bake at 375°F 10 min., or until lightly browned.

Cool cookies on cookie sheets about 2 min. Using a spatula, carefully remove cookies to cooling racks to cool completely.

About 6 doz. cookies

Sand Tarts
(Sandbakkelse)

Set out sandbakkelse molds and cookie sheets.

Measure and set aside
2 cups sifted flour

Chop *very finely* and set aside
⅓ cup (about 2 oz.) blanched almonds (page 4)

Cream together until butter is softened
1 cup butter
¼ teaspoon almond extract

Add gradually, creaming just until blended
¾ cup sugar

Blend in
1 egg, beaten

Add the flour in fourths, blending well after each addition. Blend in the chopped almonds. Chill dough in refrigerator.

Remove a portion of the dough from refrigerator and return remaining dough to continue chilling. Place about 2 teaspoons dough into each mold. Using the thumb, firmly press dough into each mold, coating the bottom and sides evenly. Place molds on the cookie sheets. Repeat with the remaining dough.

Bake at 375°F 6 to 8 min., or until sand tarts are golden brown.

Immediately invert molds onto a smooth surface. Cool slightly. To remove sand tart from mold, hold the mold in the hand and tap lightly but sharply with the back of a spoon. Remove pan and place sand tarts on a smooth surface to cool completely.

Serve sand tarts inverted. Or turn sand tarts right side up and fill with **jam, jelly,** or **whipped cream.** *About 5 doz. cookies*

Norwegian Cones
(Krumkaker)

▲ *Base Recipe*

Set out a krumkaker iron (usually available in the housewares section of a department store).

Sift together into a bowl
1½ cups sifted flour
½ cup cornstarch
1½ teaspoons cardamom

Cream until softened
1 cup butter

Add gradually, creaming until fluffy after each addition
1¼ cups sugar

Beat in, one at a time, until thoroughly blended
3 egg yolks

Add the dry ingredients in fourths, mixing well after each addition.

Beat until rounded peaks are formed
3 egg whites
⅛ teaspoon salt

Spread the beaten egg whites over batter and gently fold (page 5) together.

Heat krumkaker iron until a drop of water "sputters" on its hot surface. Spoon about 1½ to 2 teaspoons batter onto hot iron. Close the krumkaker iron and cook on each side for a few seconds or until lightly browned. Immediately remove wafer with a spatula and roll into a cone. Cool completely.

Serve cones plain. *About 4 doz. cones*

—Filled Norwegian Cones
(Fylde Krumkaker)

Follow △ Recipe. Fill cones with sweetened fresh **berries** or **Sweetened Whipped Cream** (page 5). If desired, garnish whipped cream with strips of **candied orange peel.**

Tiny Doughnut Cookies
(Jortitog)

A deep saucepan or automatic deep-fryer will be needed.

Sift together and set aside
3½ cups sifted flour
½ teaspoon hartshorn (ammonium carbonate which is obtainable at any drugstore)
Cream until softened
½ cup butter
Add gradually, creaming until fluffy after each addition
1 cup sugar
Add gradually, blending in thoroughly
4 eggs, slightly beaten
Add the dry ingredients in fourths, mixing well after each addition. Chill in refrigerator.

Cut off pieces of the chilled dough and place one at a time on a lightly floured surface. Press each piece ¼ in. thick with the fingers. Cut dough into 2x¼ in. strips. Roll each strip with the hands to about 5 in. in length. Bring ends together to form a ring and press together to seal. Place rings on a baking sheet. Using a sharp knife, make 3 slanted cuts, about ¼ in. long, at equal intervals around each ring.

Set out a deep saucepan or automatic deep-fryer (page 5) and heat fat to 375°F.

Deep-fry only about 4 cookies at one time. Deep-fry 1 to 2 min., or until lightly browned, turning once to brown evenly. Drain cookies over fat for a second before removing to absorbent paper. *About 6 doz. cookies*

Rosettes
(Struvor)

A deep saucepan or automatic deep-fryer and a rosette iron will be needed.

Beat very slightly with a fork
2 eggs
1½ teaspoons sugar
¼ teaspoon salt
Add and beat just until smooth
1 cup milk
1 cup sifted flour
Set out a deep saucepan or automatic deep-fryer (page 5) and heat fat to 365°F. Heat iron in fat before dipping it into batter.

When iron is hot enough, dip into batter to within ¼ in. of top of iron. Return to hot fat, covering iron entirely, for 20 to 35 sec., or until delicately browned. When browned, drain over fat a few seconds. Using the tip of a sharp knife, carefully remove rosette from iron. Drain on absorbent paper.

Sprinkle with
Vanilla Confectioners' Sugar
(page 65)
If necessary, sprinkle again before serving. Or rosettes may be topped with sliced fresh strawberries and garnished with whipped cream.
About 3½ doz. Rosettes

Note: If rosette is difficult to remove from the iron, it has not been fried long enough. If fat blisters are present, eggs have been beaten too long. If batter drops from iron, it is not deep enough in fat or iron is too hot. If rosette is not crisp, it has been fried too fast.

Poor Man's Cookies
(Fattigmands Bakkelse)

Rich man or poor man—these "poor man's cookies" are a holiday treat for Norwegians.

A deep saucepan or automatic deep-fryer will be needed.

Sift together and set aside
5 cups sifted flour
1 teaspoon cardamom

Beat until mixture is thick and lemon-colored
10 egg yolks
2 egg whites
¾ cup sugar
3 tablespoons brandy

Add slowly, stirring in
1 cup heavy cream

Blend in flour mixture, about ½ cup at a time, to make a soft dough. Wrap dough in waxed paper and chill overnight in refrigerator.

Set out a deep saucepan or automatic deep-fryer (page 5) and heat to 365°F to 370°F
Lard

Meanwhile, roll dough, a small portion at a time, to 1/16-in. thickness on a lightly floured surface. Cut into diamond shapes, 5x2-in. (A pattern may be used as a guide around which to cut with a floured knife.) Make a lengthwise slit in the center of the diamond and pull one tip end through it and tuck back under itself.

Deep-fry only as many cookies at one time as will float uncrowded one layer deep in fat. Deep-fry 1 to 2 min., or until golden brown, turning once during deep-frying time. Drain over fat for a few seconds before removing to absorbent paper. Sprinkle with
Confectioners' sugar

Store in tightly covered containers.

About 6 doz. cookies

Vanilla Confectioners' Sugar
(Vanilie Suker)

A subtly flavored sugar for cookies, cakes, waffles, griddle cakes and doughnuts.

Set out a 1- to 2-qt. container having a tight-fitting cover. Fill with
Confectioners' sugar

Wipe with a clean, damp cloth and dry
1 vanilla bean, about 9 in. long

Cut vanilla bean into quarters lengthwise; cut quarters crosswise into thirds. Poke pieces of vanilla bean down into the sugar at irregular intervals. Cover container tightly and store.

Note: The longer sugar stands, the richer will be the vanilla flavor. If tightly covered, sugar may be stored for several months. When necessary, add more sugar to jar. Replace vanilla bean when aroma is gone.

Clockwise: ***Fattigmands, Filled Norwegian Cones, Medallion Cookies, Berlin Wreaths, Finnish Coffee Fingers, Brown Sugar Cookies, Danish Saddle Cookies, Tiny Doughnut Cookies and Sand Tarts***

Beverages

Coffee is the leading beverage of Scandinavia and the Scandinavians the leading coffee-drinkers of the world. Social drinking of alcoholic beverages is ceremonious, and a toast—a cordial "Skål!"—accompanies every sip of aquavit or punch.

Coffee
(Kaffe)

A pot of steaming coffee is always at hand throughout Scandinavia. The true Scandinavian prepares his coffee by the steeping method and likes it stronger than most Americans do.

Drip Coffee—Preheat coffee maker with boiling water. Drain.

For each standard measuring cup of **water** (use freshly drawn cold water and boil), using standard measuring spoons, measure 2 tablespoons **drip grind coffee.** Spoon into filter section of drip coffee maker.

Pour into upper container measured, freshly **boiling water.** Cover. Allow water to drip through coffee grounds, keeping coffee maker over low heat 5 to 8 min., or while coffee is dripping. Do not let coffee boil at any time. Remove coffee compartment; stir and cover the brew. If coffee cannot be served immediately, place coffee maker over low heat.

Percolated Coffee—Use **regular grind coffee.** Follow recipe for Drip Coffee for amount of coffee and water to use. Spoon into strainer basket of coffee maker. Measure fresh cold water into bottom of percolator. Insert basket into coffee maker. Cover.

Place over heat and when percolating begins, reduce heat to low so percolating will be gentle and slow. Percolate from 5 to 10 min. after percolation begins. It is wise to experiment to determine the timing for the amount of coffee generally made in your percolator. Larger amounts of coffee require the longer timing.

Remove coffee basket, cover coffee maker and keep coffee hot over low heat. Do not let boil.

Steeped Coffee—Use **regular grind coffee.** Follow recipe for Drip Coffee for amount of coffee and water to use. Put into coffee maker. To clarify this coffee, mix in 1 teaspoon slightly **beaten egg** for each 2 tablespoons coffee used. Measure and add fresh cold water.

Bring very slowly to boiling, stirring occasionally. Remove from heat at once. Pour ¼ cup **cold water** down spout to settle grounds. Let stand 3 to 5 min. without heat. Strain coffee through a fine strainer into a server which has been preheated with boiling water. If necessary to keep hot, let coffee stand over low heat without boiling.

Vacuum Drip Coffee—Use **drip** or **vacuum grind coffee.** Follow recipe for Drip Coffee for amount of coffee and water to use.

Specific directions for making vary according to the type of coffee maker used. Usually, freshly drawn cold water is measured and poured into the decanter or lower bowl of the coffee maker. Coffee is measured into upper bowl. Cover.

Place coffee maker over moderate to low heat. When all but a small amount of water has risen to upper bowl, remove coffee maker from heat. Remove top bowl when the brew has run into decanter. Cover. Serve immediately or keep hot over very low heat. Do not boil at any time.

Swedish Punch (Glögg)

Glögg, a potent beverage guaranteed to warm the human heart, belongs to Swedish Christmas. Wherever Swedes are at the festive season, they raise glasses of steaming Glögg in salute.

Blanch (page 4)

1 cup (about 5 oz.) almonds

Empty into a large saucepan or sauce pot

1 bottle (25 oz.) Aquavit

1 bottle (25 oz.) claret

Add the almonds and

6 2½-in. cinnamon sticks

1 cup (about 4 oz.) dark seedless raisins

6 pieces candied orange or lemon peel

12 whole cloves

12 cardamom seeds, peeled

Bring slowly to boiling. Reduce heat and simmer 10 min. Remove saucepan from heat. Put into a large sieve

1 cup loaf sugar

Place sieve over saucepan. Using a ladle or large spoon, pour some of the mixture from the saucepan over the sugar. Ignite the sugar with a match. Continue to pour the liquid over the sugar until the sugar has completely melted. The liquid will be flaming. If necessary, extinguish flame by placing cover over saucepan.

Serve Glögg hot in mugs or punch glasses. Be sure there are some raisins and almonds in each portion. *10 to 15 servings*

Note: Glögg may be prepared days in advance and stored in bottles. When ready to serve, heat thoroughly (do not boil). Or if there is some Glögg left it may be stored for future use.

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